



WHATSheATE



## Tortellini-Broccoli Salad

READY IN



80 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 teaspoon paprika
- ☐ 0.1 teaspoon salt
- ☐ 1 clove garlic finely chopped
- ☐ 7 ounces cheese tortellini
- ☐ 0.5 cup carrots sliced
- ☐ 2 cups cauliflower florets

☐ 2 tablespoons spring onion sliced

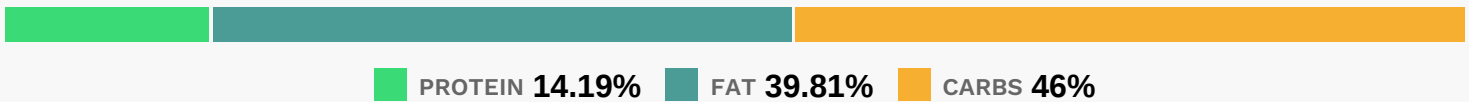
## Equipment

☐ bowl

## Directions

- ☐ In tightly covered container, shake all vinaigrette ingredients.
- ☐ Cook and drain tortellini as directed on package. Rinse with cold water; drain.
- ☐ In large glass or plastic bowl, mix carrot, broccoli, onions and vinaigrette.
- ☐ Add tortellini; toss until evenly coated. Cover and refrigerate at least 1 hour to blend flavors but no longer than 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:63.96, Glycemic Load:12.28, Inflammation Score:-9, Nutrition Score:10.420434798883%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 252.25kcal (12.61%), Fat: 11.26g (17.33%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 29.28g (9.76%), Net Carbohydrates: 25.43g (9.25%), Sugar: 5.59g (6.21%), Cholesterol: 18.85mg (6.28%), Sodium: 319.14mg (13.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.06%), Vitamin A: 2771.94IU (55.44%), Vitamin K: 45.84µg (43.65%), Vitamin C: 25.85mg (31.33%), Fiber: 3.85g (15.39%), Iron: 2.62mg (14.56%), Manganese: 0.24mg (11.94%), Calcium: 117.03mg (11.7%), Folate: 36.64µg (9.16%), Potassium: 259mg (7.4%), Vitamin B6: 0.14mg (7.06%), Vitamin E: 0.86mg (5.75%), Magnesium: 19.45mg (4.86%), Vitamin B5: 0.4mg (3.95%), Phosphorus: 36.02mg (3.6%), Vitamin B2: 0.06mg (3.3%), Copper: 0.06mg (2.88%), Vitamin B1: 0.04mg (2.66%), Vitamin B3: 0.49mg (2.47%), Zinc: 0.28mg (1.89%)