



Tortellini-Broccoli Salad

READY IN



80 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 cups broccoli
- ☐ 0.5 cup carrots sliced
- ☐ 7 ounces cheese tortellini
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons spring onion sliced
- ☐ 0.3 teaspoon paprika
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons vegetable oil

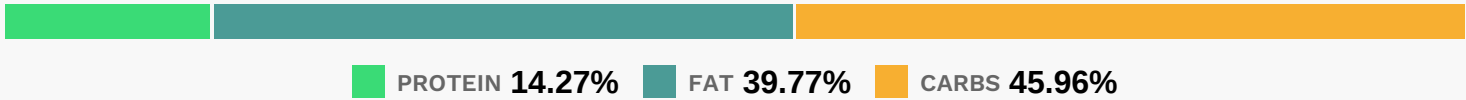
Equipment

☐ 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:12.38, Inflammation Score:-9, Nutrition Score:11.674782478291%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 252.38kcal (12.62%), Fat: 11.24g (17.3%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 29.24g (9.75%), Net Carbohydrates: 25.62g (9.32%), Sugar: 5.37g (5.97%), Cholesterol: 18.85mg (6.28%), Sodium: 317.9mg (13.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.08g (18.16%), Vitamin K: 65.82µg (62.69%), Vitamin A: 3038.62IU (60.77%), Vitamin C: 40.99mg (49.69%), Fiber: 3.61g (14.46%), Calcium: 104.31mg (10.43%), Iron: 1.83mg (10.19%), Folate: 32.76µg (8.19%), Manganese: 0.16mg (7.78%), Vitamin E: 1.06mg (7.06%), Potassium: 222.24mg (6.35%), Vitamin B6: 0.11mg (5.64%), Phosphorus: 40.32mg (4.03%), Vitamin B2: 0.07mg (3.85%), Magnesium: 14.08mg (3.52%), Vitamin B5: 0.31mg (3.06%), Vitamin B1: 0.05mg (3.02%), Vitamin B3: 0.47mg (2.36%), Copper: 0.04mg (1.93%), Selenium: 1.25µg (1.78%), Zinc: 0.26mg (1.72%)