



## Tortellini in Basil-Balsamic Vinaigrette

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



327 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 9 oz tricolor cheese-filled tortellini refrigerated
- 0.3 cup apple cider vinegar
- 1 tablespoon basil dried fresh chopped
- 2 tablespoons vegetable oil
- 0.3 teaspoon paprika
- 0.1 teaspoon salt
- 1 clove garlic finely chopped
- 0.5 cup carrots sliced

- 2 cups broccoli florets
- 2 tablespoons spring onion sliced

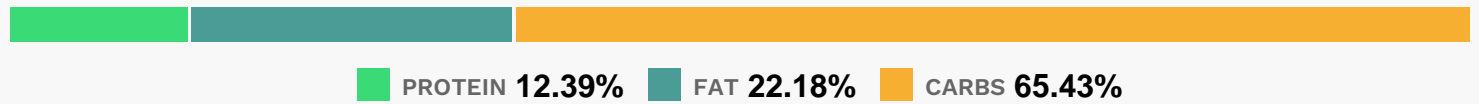
## Equipment

- bowl
- whisk

## Directions

- Cook and drain tortellini as directed on package. Rinse with cold water; drain.
- In large bowl, mix vinegar, basil, oil, paprika, salt and garlic with wire whisk until well blended. Stir in carrot, broccoli, onions and tortellini until coated.

## Nutrition Facts



## Properties

Glycemic Index:59.46, Glycemic Load:20.42, Inflammation Score:-9, Nutrition Score:19.638261007226%

## Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

## Nutrients (% of daily need)

Calories: 326.69kcal (16.33%), Fat: 8.04g (12.36%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 53.34g (17.78%), Net Carbohydrates: 49.15g (17.87%), Sugar: 3.4g (3.78%), Cholesterol: 0mg (0%), Sodium: 104.75mg (4.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.2%), Vitamin K: 84.56µg (80.53%), Vitamin A: 3055.41IU (61.11%), Selenium: 41.64µg (59.49%), Vitamin C: 42.34mg (51.32%), Manganese: 0.86mg (42.9%), Fiber: 4.19g (16.75%), Phosphorus: 162.77mg (16.28%), Magnesium: 54.15mg (13.54%), Iron: 2.22mg (12.35%), Copper: 0.24mg (12.09%), Folate: 48.29µg (12.07%), Potassium: 388.58mg (11.1%), Vitamin B6: 0.22mg (10.97%), Vitamin E: 1.25mg (8.32%), Zinc: 1.23mg (8.18%), Vitamin B3: 1.62mg (8.07%), Vitamin B1: 0.1mg (6.98%), Vitamin B2: 0.12mg (6.91%), Calcium: 67.35mg (6.74%), Vitamin B5: 0.6mg (5.98%)