



Tortellini in Basil-Balsamic Vinaigrette

READY IN



15 min.

SERVINGS



4

CALORIES



286 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli florets
- 0.5 cup carrots sliced
- 9 oz cheese tortellini refrigerated
- 0.3 cup apple cider vinegar
- 1 clove garlic finely chopped
- 2 tablespoons spring onion sliced
- 0.3 teaspoon paprika
- 0.1 teaspoon salt
- 2 tablespoons vegetable oil

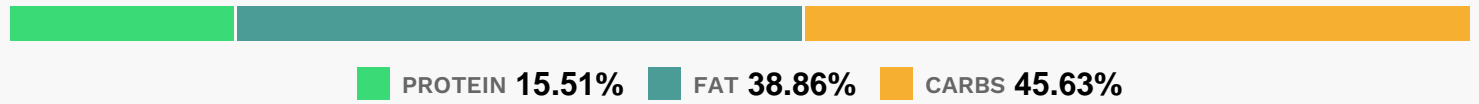
Equipment

- 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:61.46, Glycemic Load:13.9, Inflammation Score:-9, Nutrition Score:12.121739200924%

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: 286.08kcal (14.3%), Fat: 12.45g (19.16%), Saturated Fat: 2.88g (18.03%), Carbohydrates: 32.91g (10.97%), Net Carbohydrates: 28.72g (10.44%), Sugar: 3.47g (3.85%), Cholesterol: 24.24mg (8.08%), Sodium: 377mg (16.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.37%), Vitamin K: 67.35µg (64.14%), Vitamin A: 3047.97IU (60.96%), Vitamin C: 42.33mg (51.31%), Fiber: 4.19g (16.77%), Calcium: 121.82mg (12.18%), Iron: 2.12mg (11.79%), Manganese: 0.18mg (8.76%), Folate: 33.71µg (8.43%), Vitamin E: 1.07mg (7.13%), Potassium: 220.04mg (6.29%), Vitamin B6: 0.12mg (5.78%), Vitamin B2: 0.07mg (3.96%), Phosphorus: 39.47mg (3.95%), Magnesium: 13.23mg (3.31%), Vitamin B5: 0.31mg (3.14%), Vitamin B1: 0.05mg (3.1%), Vitamin B3: 0.48mg (2.41%), Selenium: 1.3µg (1.86%), Copper: 0.04mg (1.82%), Zinc: 0.26mg (1.71%)