



Tortellini Picnic Salad

READY IN



85 min.

SERVINGS



10

CALORIES



293 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce olives black canned
- ☐ 18 ounce cheese tortellini
- ☐ 1 teaspoon basil dried
- ☐ 8 ounce feta cheese crumbled
- ☐ 5 cloves garlic chopped
- ☐ 1 bunch green onions sliced
- ☐ 3 roma tomatoes diced
- ☐ 10 servings salt to taste
- ☐ 0.5 cup walnuts chopped

☐ 1 cup vinegar white

Equipment

☐ bowl

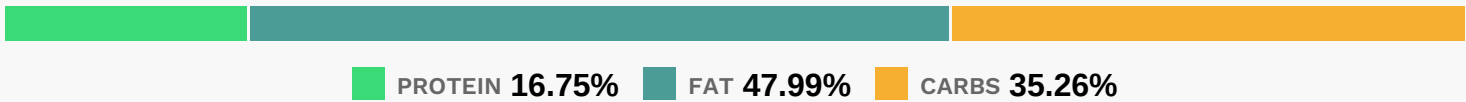
☐ whisk

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook tortellini in the boiling water, stirring occasionally until pasta floats to the surface, about 5 minutes.
- ☐ Drain.
- ☐ Mix tortellini, feta cheese, tomatoes, olives, walnuts, green onions, and garlic together in a large bowl.
- ☐ Whisk vinegar, olive oil, and basil together in a separate small bowl.
- ☐ Pour dressing over tortellini mixture; toss to coat.
- ☐ Sprinkle with salt. Chill in refrigerator for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:24.7, Glycemic Load:10.79, Inflammation Score:-3, Nutrition Score:7.1213042995204%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 292.9kcal (14.64%), Fat: 15.68g (24.13%), Saturated Fat: 5.16g (32.24%), Carbohydrates: 25.94g (8.65%), Net Carbohydrates: 22.69g (8.25%), Sugar: 2.25g (2.49%), Cholesterol: 39.58mg (13.19%), Sodium: 941.43mg (40.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.63%), Calcium: 208.79mg (20.88%),

Manganese: 0.28mg (14.03%), Fiber: 3.25g (12.99%), Vitamin B2: 0.21mg (12.33%), Phosphorus: 106.29mg (10.63%), Iron: 1.91mg (10.63%), Vitamin K: 8.98µg (8.55%), Vitamin B6: 0.17mg (8.46%), Copper: 0.14mg (7.1%), Vitamin A: 343.47IU (6.87%), Vitamin B12: 0.38µg (6.39%), Zinc: 0.91mg (6.06%), Selenium: 4.2µg (6%), Vitamin E: 0.86mg (5.7%), Magnesium: 19.3mg (4.82%), Vitamin B1: 0.07mg (4.65%), Folate: 18.18µg (4.55%), Vitamin C: 3.54mg (4.3%), Potassium: 106.9mg (3.05%), Vitamin B5: 0.28mg (2.85%), Vitamin B3: 0.47mg (2.35%)