



## Tortellini Primavera

READY IN



270 min.

SERVINGS



5

CALORIES



440 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 cups bite-sized broccoli florets
- 2 cups cherry tomatoes halved
- 0.8 cup parmesan cheese shredded
- 20 ounces cheese tortellini refrigerated
- 1 cup bell pepper diced yellow

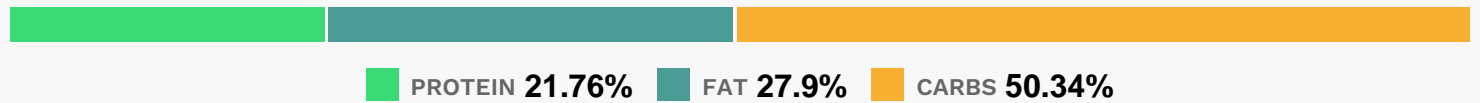
### Equipment

- bowl
- pot

## Directions

- Bring a large pot of lightly salted water to a boil. Cook tortellini at a boil until tender yet firm to the bite and filling is warmed through, 5 to 7 minutes; drain.
- Stir cooked tortellini, tomatoes, broccoli, yellow bell pepper, Parmesan cheese, and pepperoni together in a bowl.
- Pour in 1 cup Italian dressing and toss to coat. Cover and refrigerate for at least 4 hours. If salad looks dry, stir in an additional 1/4 cup Italian dressing before serving.

## Nutrition Facts



## Properties

Glycemic Index:21.8, Glycemic Load:22.94, Inflammation Score:-6, Nutrition Score:13.629130456759%

## Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

## Nutrients (% of daily need)

Calories: 439.52kcal (21.98%), Fat: 13.74g (21.14%), Saturated Fat: 5.69g (35.54%), Carbohydrates: 55.78g (18.59%), Net Carbohydrates: 50.08g (18.21%), Sugar: 5.24g (5.83%), Cholesterol: 53.29mg (17.76%), Sodium: 748.61mg (32.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.12g (48.24%), Vitamin C: 92.62mg (112.27%), Calcium: 360.72mg (36.07%), Vitamin K: 29.77µg (28.35%), Fiber: 5.7g (22.82%), Iron: 3.76mg (20.87%), Phosphorus: 145.96mg (14.6%), Vitamin A: 638.27IU (12.77%), Folate: 33.74µg (8.44%), Potassium: 293.17mg (8.38%), Vitamin B6: 0.16mg (7.93%), Manganese: 0.16mg (7.89%), Selenium: 4.44µg (6.35%), Vitamin B2: 0.1mg (6.02%), Magnesium: 21.27mg (5.32%), Copper: 0.09mg (4.74%), Zinc: 0.66mg (4.39%), Vitamin B3: 0.8mg (3.99%), Vitamin E: 0.58mg (3.86%), Vitamin B1: 0.05mg (3.67%), Vitamin B5: 0.35mg (3.51%), Vitamin B12: 0.18µg (3%)