



Tortellini Salad

READY IN



85 min.

SERVINGS



8

CALORIES



434 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 2.3 ounce olives black sliced canned
- ☐ 2 green onions sliced
- ☐ 6.5 ounce marinated artichoke hearts drained chopped
- ☐ 6 ounces mozzarella cheese diced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 ounces pepperoni sliced quartered
- ☐ 16 ounce cheese tortellini refrigerated
- ☐ 8 servings salt and pepper black to taste

- ☐ 1 teaspoon herb seasoning dried italian
- ☐ 1.5 tablespoons distilled vinegar white

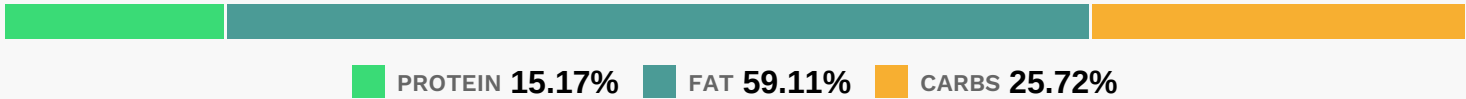
Equipment

- ☐ bowl
- ☐ whisk
- ☐ colander

Directions

- ☐ Cook the tortellini according to package instructions, drain in a colander set in the sink, and rinse with cold water.
- ☐ Place the tortellini, pepperoni, green onions, olives, artichoke hearts, and mozzarella cheese in a large salad bowl.
- ☐ Whisk together the olive oil, balsamic vinegar, white vinegar, Italian seasonings, and salt and pepper in a bowl, and pour over the salad ingredients. Gently stir to combine, and refrigerate to chill before serving. For even better flavor, let chill in refrigerator for at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:11.71, Inflammation Score:-3, Nutrition Score:7.18999999172791%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 433.79kcal (21.69%), Fat: 28.46g (43.78%), Saturated Fat: 8.54g (53.36%), Carbohydrates: 27.86g (9.29%), Net Carbohydrates: 24.64g (8.96%), Sugar: 2.62g (2.92%), Cholesterol: 52.09mg (17.36%), Sodium: 1010.62mg (43.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.87%), Calcium: 212.25mg (21.22%), Vitamin K: 16.88µg (16.08%), Fiber: 3.22g (12.87%), Vitamin E: 1.92mg (12.77%), Iron: 2.28mg (12.66%),

Selenium: 7.86µg (11.23%), Vitamin B12: 0.67µg (11.15%), Phosphorus: 100.69mg (10.07%), Vitamin A: 445.8IU (8.92%), Zinc: 1mg (6.68%), Manganese: 0.13mg (6.62%), Vitamin C: 5.42mg (6.56%), Vitamin B2: 0.1mg (6.05%), Vitamin B3: 0.79mg (3.96%), Vitamin B6: 0.07mg (3.5%), Vitamin B1: 0.05mg (3.28%), Magnesium: 10.34mg (2.58%), Potassium: 77.94mg (2.23%), Vitamin B5: 0.21mg (2.07%), Vitamin D: 0.27µg (1.8%), Copper: 0.03mg (1.62%), Folate: 5.82µg (1.45%)