

Tortellini Salad I

READY IN



270 min.

SERVINGS



8

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup olives black pitted sliced
- ☐ 16 ounces cheese-filled tortellini
- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup bell pepper green chopped
- ☐ 3 tablespoons juice of lemon

- ☐ 0.5 cup olive oil
- ☐ 1 onion thinly sliced
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 1 dash pepper sauce hot
- ☐ 1 bell pepper red thinly sliced
- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 cup vinegar

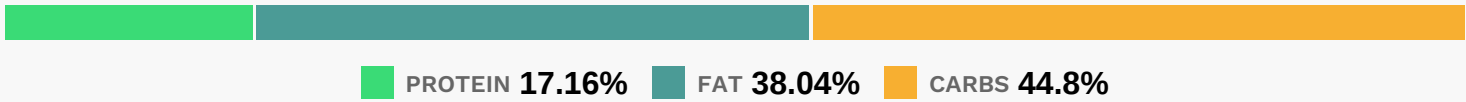
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot

Directions

- ☐ Cook pasta in a large pot of boiling water until al dente.
- ☐ In a jar, combine vinegar, olive oil, fresh herbs, lemon juice, garlic powder, and hot sauce. Seal, and shake until well mixed. Season to taste with salt and black pepper.
- ☐ In a large bowl combine, tortellini, peppers, onion, and olives.
- ☐ Pour lemon dressing over salad, and toss to coat pasta. Cover, and chill for at least four hours. Before serving, toss in feta and Parmesan.

Nutrition Facts



Properties

Glycemic Index:37.88, Glycemic Load:11.84, Inflammation Score:-5, Nutrition Score:6.6978260771088%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg Luteolin: 0.66mg,

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Nutrients (% of daily need)

Calories: 255.69kcal (12.78%), Fat: 10.81g (16.62%), Saturated Fat: 3.61g (22.55%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 25.54g (9.29%), Sugar: 3.2g (3.56%), Cholesterol: 31.52mg (10.51%), Sodium: 648.14mg (28.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.97g (21.93%), Vitamin C: 30.64mg (37.14%), Calcium: 154.59mg (15.46%), Vitamin A: 655.04IU (13.1%), Fiber: 3.1g (12.41%), Vitamin K: 12.6µg (12%), Iron: 1.77mg (9.82%), Vitamin B6: 0.13mg (6.53%), Vitamin B2: 0.11mg (6.37%), Vitamin E: 0.86mg (5.76%), Phosphorus: 56.12mg (5.61%), Folate: 16.48µg (4.12%), Manganese: 0.07mg (3.64%), Selenium: 2.32µg (3.31%), Vitamin B12: 0.18µg (3.06%), Zinc: 0.45mg (3%), Potassium: 94.29mg (2.69%), Vitamin B1: 0.04mg (2.58%), Magnesium: 8.55mg (2.14%), Vitamin B5: 0.18mg (1.84%), Vitamin B3: 0.34mg (1.68%), Copper: 0.03mg (1.48%)