



Tortellini Salad with Grilled Tomato Vinaigrette

READY IN



40 min.

SERVINGS



6

CALORIES



646 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 cup olives black sliced
- ☐ 0.7 cup celery sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons mustard dijon-style prepared

- ☐ 0.3 cup olive oil
- ☐ 1 pound rainbow tortellini pasta uncooked
- ☐ 0.8 cup provolone cheese shredded
- ☐ 0.5 cup bell pepper diced red
- ☐ 1 tablespoon onion diced red
- ☐ 3 tablespoons red wine vinegar
- ☐ 3 roma tomatoes (plum)
- ☐ 3 ounces genoa salami diced hard
- ☐ 6 servings salt and pepper to taste
- ☐ 1 tablespoon tomato paste
- ☐ 0.3 cup vegetable oil

Equipment

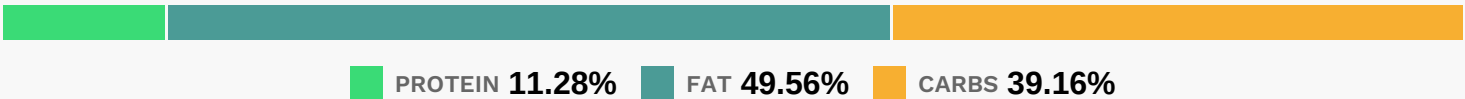
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ broiler

Directions

- ☐ In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
- ☐ Preheat oven broiler and place halved tomatoes on a sheet pan 6 inches from the broiler. Broil skin side up until the skin is wrinkled and partially blackened.
- ☐ Place the tomatoes in a food processor and add the tomato paste, garlic, red wine vinegar, balsamic vinegar, mustard and honey. Blend until smooth. With the processor running, add the olive oil and vegetable oil in a thin steady stream. Season with salt and pepper.
- ☐ In a large bowl, combine the tortellini, cheese, salami, celery, olives, bell pepper, onion, parsley, rosemary and lemon juice. Gently toss and drizzle with vinaigrette to coat. Season with salt

and pepper and serve immediately. Best served at room temperature.

Nutrition Facts



Properties

Glycemic Index:77.88, Glycemic Load:24.84, Inflammation Score:-8, Nutrition Score:20.787826302259%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 5.72mg, Apigenin: 5.72mg, Apigenin: 5.72mg, Apigenin: 5.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 645.85kcal (32.29%), Fat: 35.5g (54.62%), Saturated Fat: 8.37g (52.29%), Carbohydrates: 63.13g (21.04%), Net Carbohydrates: 59.39g (21.6%), Sugar: 6.29g (6.99%), Cholesterol: 22.58mg (7.53%), Sodium: 781.11mg (33.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.18g (36.36%), Selenium: 54.68µg (78.12%), Vitamin K: 77.7µg (74%), Manganese: 0.81mg (40.55%), Vitamin C: 25.7mg (31.15%), Phosphorus: 279.86mg (27.99%), Vitamin E: 3.59mg (23.94%), Vitamin A: 1117.86IU (22.36%), Calcium: 163.71mg (16.37%), Zinc: 2.37mg (15.81%), Vitamin B1: 0.23mg (15.6%), Fiber: 3.73g (14.93%), Magnesium: 59.47mg (14.87%), Copper: 0.3mg (14.86%), Vitamin B6: 0.29mg (14.36%), Vitamin B3: 2.59mg (12.97%), Potassium: 439.31mg (12.55%), Vitamin B12: 0.64µg (10.63%), Iron: 1.88mg (10.46%), Vitamin B2: 0.18mg (10.46%), Folate: 35.22µg (8.81%), Vitamin B5: 0.68mg (6.78%)