



Tortellini-Shrimp Kabobs

 Dairy Free

READY IN



80 min.

SERVINGS



1

CALORIES



668 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 spinach tortellini dried refrigerated uncooked
- ☐ 0.5 cup salad dressing italian
- ☐ 24 medium shrimp deveined cooked peeled
- ☐ 24 small cherry tomatoes

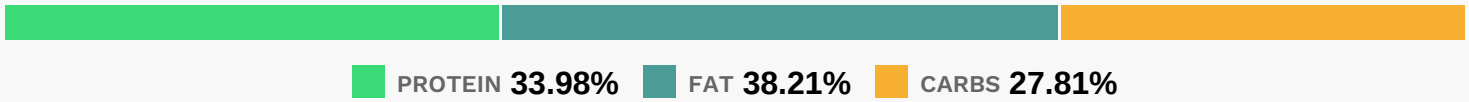
Equipment

- ☐ bowl
- ☐ skewers

Directions

- ☐ Cook and drain tortellini as directed on package; cool.
- ☐ Place dressing in shallow bowl. Stir in tortellini, shrimp and tomatoes. Cover and refrigerate 1 to 2 hours, stirring once to coat.
- ☐ Drain tortellini mixture. Thread tortellini, shrimp and tomatoes alternately on each of twelve 8-inch skewers.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:28.330000255419%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 668.16kcal (33.41%), Fat: 28.84g (44.37%), Saturated Fat: 4.78g (29.86%), Carbohydrates: 47.21g (15.74%), Net Carbohydrates: 43.35g (15.76%), Sugar: 23.86g (26.51%), Cholesterol: 403.32mg (134.44%), Sodium: 1680.49mg (73.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.71g (115.42%), Vitamin C: 93.49mg (113.33%), Vitamin K: 77.22µg (73.55%), Phosphorus: 645.47mg (64.55%), Copper: 1.27mg (63.34%), Potassium: 1621.74mg (46.34%), Vitamin A: 2139.3IU (42.79%), Vitamin E: 4.86mg (32.39%), Magnesium: 126.6mg (31.65%), Calcium: 281.69mg (28.17%), Iron: 4.94mg (27.42%), Manganese: 0.54mg (27.2%), Zinc: 3.87mg (25.8%), Vitamin B6: 0.4mg (19.88%), Fiber: 3.86g (15.46%), Folate: 53.04µg (13.26%), Vitamin B3: 2.32mg (11.62%), Vitamin B1: 0.17mg (11.36%), Selenium: 4.39µg (6.27%), Vitamin B2: 0.09mg (5.28%), Vitamin B5: 0.53mg (5.26%)