



WHATSheATE



HEALTH SCORE

87%

Tortellini Tapenade Salad



Gluten Free



Very Healthy

READY IN



12 min.

SERVINGS



1

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

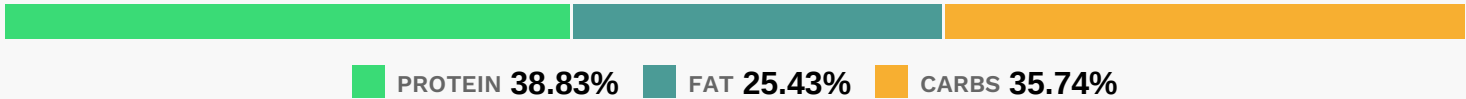
- ☐ 1 serving pepper black freshly ground to taste
- ☐ 0.7 cup cannellini beans white low-sodium canned rinsed drained
- ☐ 0.7 cup roasted chicken cooked
- ☐ 1.5 TBSP goat cheese crumbled
- ☐ 2 teaspoons olive tapenade green black
- ☐ 0.8 cup sugar snap peas raw trimmed halved
- ☐ 0.5 cup bell pepper red yellow thinly sliced

Equipment

Directions

- ☐ In a portable container, combine all ingredients and toss well.
- ☐ Refrigerate up to 24 hours.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:6.08, Inflammation Score:-9, Nutrition Score:28.677825723005%

Flavonoids

Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 398.58kcal (19.93%), Fat: 11.27g (17.33%), Saturated Fat: 4.89g (30.59%), Carbohydrates: 35.62g (11.87%), Net Carbohydrates: 27.29g (9.92%), Sugar: 3.47g (3.86%), Cholesterol: 79.66mg (26.55%), Sodium: 157.7mg (6.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.71g (77.42%), Vitamin C: 180.81mg (219.16%), Manganese: 0.93mg (46.53%), Vitamin B3: 8.69mg (43.43%), Phosphorus: 398.55mg (39.85%), Iron: 6.98mg (38.76%), Vitamin B6: 0.77mg (38.39%), Selenium: 26.2µg (37.43%), Folate: 135.01µg (33.75%), Fiber: 8.33g (33.34%), Copper: 0.62mg (31.14%), Potassium: 1067.24mg (30.49%), Magnesium: 110.57mg (27.64%), Vitamin A: 1203.69IU (24.07%), Zinc: 3.27mg (21.83%), Vitamin K: 22.38µg (21.31%), Vitamin B1: 0.32mg (21.22%), Vitamin B2: 0.34mg (19.93%), Vitamin B5: 1.95mg (19.49%), Calcium: 167.96mg (16.8%), Vitamin E: 1.27mg (8.45%), Vitamin B12: 0.31µg (5.18%)