



## Tortellini with Fresh Vegetables

READY IN



25 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 9 ounces cheese tortellini refrigerated
- 1 tablespoon vegetable oil
- 1 medium bell pepper cut into 1-inch pieces (1 cup)
- 2 cups roma tomatoes chopped (plum) (6 to 8 medium)
- 1.5 cups zucchini
- 0.5 teaspoon seasoning italian
- 0.5 teaspoon garlic salt

### Equipment

paper towels

sauce pan

## Directions

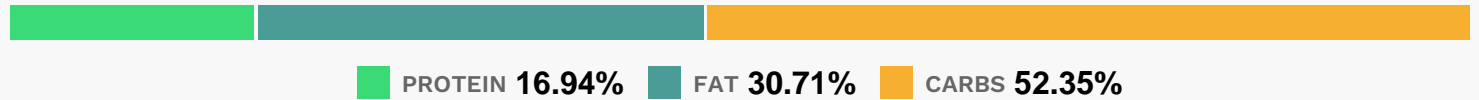
Cook and drain tortellini as directed on package, using 3-quart saucepan. Wipe out saucepan with paper towel; wipe dry with paper towel.

Heat oil in same saucepan over medium-high heat. Cook bell pepper in oil 2 to 3 minutes, stirring frequently, until crisp-tender.

Stir in tomatoes, zucchini, Italian seasoning and garlic salt. Cover and cook 3 to 5 minutes, stirring occasionally, until zucchini is tender.

Stir in tortellini. Cook 2 to 3 minutes, stirring occasionally, until hot.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:14.36, Inflammation Score:-9, Nutrition Score:12.204347763373%

## Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

## Nutrients (% of daily need)

Calories: 266.03kcal (13.3%), Fat: 9.31g (14.32%), Saturated Fat: 2.4g (14.99%), Carbohydrates: 35.7g (11.9%), Net Carbohydrates: 30.66g (11.15%), Sugar: 7.32g (8.13%), Cholesterol: 24.24mg (8.08%), Sodium: 578.41mg (25.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.1%), Vitamin C: 62.62mg (75.9%), Vitamin A: 2014.11IU (40.28%), Fiber: 5.04g (20.16%), Vitamin K: 20.61µg (19.63%), Potassium: 467.7mg (13.36%), Manganese: 0.26mg (13.19%), Iron: 2.34mg (13.01%), Vitamin B6: 0.26mg (12.98%), Calcium: 115.78mg (11.58%), Folate: 43.18µg (10.8%), Vitamin E: 1.49mg (9.92%), Magnesium: 25.63mg (6.41%), Vitamin B3: 1.22mg (6.08%), Vitamin B2: 0.09mg (5.46%), Phosphorus: 54.17mg (5.42%), Vitamin B1: 0.08mg (5.41%), Copper: 0.1mg (5.07%), Vitamin B5: 0.3mg (2.97%), Zinc: 0.43mg (2.88%)