



WHATSheATE



## Tortellini with pesto & broccoli

🤍 Popular

READY IN



10 min.

SERVINGS



2

CALORIES



586 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 140 g broccoli cut into short lengths
- ☐ 250 g tortellini fresh
- ☐ 3 tbsp basil pesto fresh canned ( if you can get it)
- ☐ 2 tbsp pinenuts toasted
- ☐ 1 tbsp balsamic vinegar
- ☐ 8 cherry tomatoes halved

### Equipment

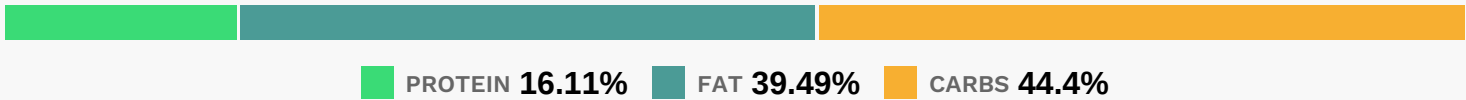
- ☐ bowl

☐ frying pan

## Directions

- ☐ Bring a large pan of water to the boil.
- ☐ Add the broccoli, cook for 2 mins, then add the tortellini and cook for 2 mins, or according to pack instructions.
- ☐ Drain everything, gently rinse under cold water until cool, then tip into a bowl. Toss with the pesto, pine nuts and balsamic vinegar.
- ☐ Add the tomatoes, pack into containers and chill.
- ☐ Let the salad get to room temperature during the morning to get the most flavour from the tomatoes and pesto.

## Nutrition Facts



## Properties

Glycemic Index:66, Glycemic Load:26.34, Inflammation Score:-8, Nutrition Score:19.684782473937%

## Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.49mg, Kaempferol: 5.49mg, Kaempferol: 5.49mg, Kaempferol: 5.49mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

## Nutrients (% of daily need)

Calories: 586.21kcal (29.31%), Fat: 26.12g (40.19%), Saturated Fat: 5.52g (34.5%), Carbohydrates: 66.1g (22.03%), Net Carbohydrates: 58.32g (21.21%), Sugar: 8.66g (9.62%), Cholesterol: 49.3mg (16.43%), Sodium: 785.49mg (34.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.98g (47.97%), Vitamin C: 78.02mg (94.57%), Vitamin K: 78.69µg (74.95%), Manganese: 1.11mg (55.45%), Fiber: 7.78g (31.1%), Iron: 4.9mg (27.23%), Calcium: 257.24mg (25.72%), Vitamin A: 1225.12IU (24.5%), Folate: 56.34µg (14.09%), Potassium: 438.1mg (12.52%), Phosphorus: 124.26mg (12.43%), Vitamin E: 1.86mg (12.4%), Magnesium: 46.88mg (11.72%), Copper: 0.22mg (10.97%), Vitamin B6: 0.19mg (9.28%), Vitamin B1: 0.11mg (7.37%), Vitamin B2: 0.12mg (7.03%), Zinc: 1.03mg (6.89%), Vitamin B3: 1.25mg (6.24%), Vitamin B5: 0.52mg (5.2%), Selenium: 2.16µg (3.09%)