



Tortelloni Wreath with Pesto Dip

READY IN



16 min.

SERVINGS



16

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 oz classico basil pesto sauce and spread traditional
- 9 oz cheese & garlic tortelloni refrigerated
- 8 oz philadelphia cream cheese spread
- 1 tsp juice of lemon
- 9 oz portabello mushroom tortelloni refrigerated

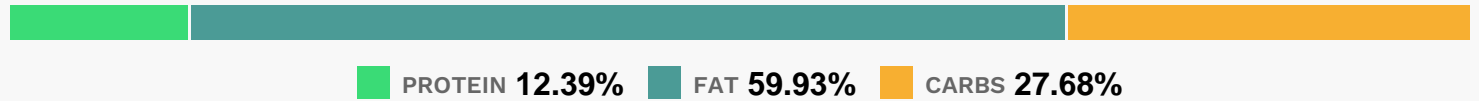
Equipment

- bowl
- sauce pan

Directions

- Add both packages of pasta to 1 gal. boiling water in large saucepan; cook 6 min., stirring frequently.
- Drain; rinse with cold water.
- Drain again.
- Meanwhile, mix cream cheese spread, pesto and lemon juice until well blended. Spoon into small serving bowl; place in center of large platter.
- Arrange pasta around bowl to resemble a wreath.
- Garnish with green and red pepper strips and black olives, if desired.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:3.16, Inflammation Score:-2, Nutrition Score:1.8208695697072%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 136.32kcal (6.82%), Fat: 9.07g (13.96%), Saturated Fat: 3.22g (20.15%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 8.42g (3.06%), Sugar: 1.69g (1.88%), Cholesterol: 15.84mg (5.28%), Sodium: 252.38mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Vitamin A: 384.72IU (7.69%), Calcium: 60.04mg (6%), Selenium: 2.97µg (4.24%), Fiber: 1.01g (4.05%), Vitamin B3: 0.72mg (3.58%), Iron: 0.53mg (2.93%), Copper: 0.05mg (2.28%), Vitamin B5: 0.18mg (1.82%), Phosphorus: 17.25mg (1.72%), Potassium: 58.37mg (1.67%), Vitamin B2: 0.02mg (1.22%), Vitamin B6: 0.02mg (1.19%), Folate: 4.53µg (1.13%)