



Tossed Tortellini Salad

READY IN



80 min.

SERVINGS



6

CALORIES



346 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 ounces cheese tortellini refrigerated
- ☐ 9 ounces tortellini refrigerated
- ☐ 4 cups lettuce shredded
- ☐ 3 tablespoons basil dried fresh chopped
- ☐ 1.5 cups tomatoes chopped
- ☐ 0.5 teaspoon pepper
- ☐ 3 tablespoons vegetable oil
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon dijon mustard

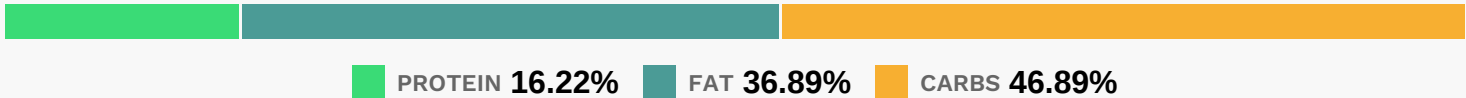
Equipment

☐ bowl

Directions

- ☐ Cook and drain tortellinis as directed on packages.
- ☐ Mix lettuce, basil, tomatoes and pepper in medium bowl. Stir in tortellinis.
- ☐ Mix oil, vinegar and mustard; toss with tortellini mixture. Cover and refrigerate about 1 hour or until chilled.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:17.54, Inflammation Score:-5, Nutrition Score:8.9482607996982%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 345.69kcal (17.28%), Fat: 14.34g (22.06%), Saturated Fat: 3.49g (21.81%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 35.87g (13.04%), Sugar: 4.4g (4.89%), Cholesterol: 32.32mg (10.77%), Sodium: 405.08mg (17.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.19g (28.37%), Vitamin K: 61.62µg (58.68%), Iron: 4.33mg (24.05%), Fiber: 5.16g (20.63%), Calcium: 180.17mg (18.02%), Manganese: 0.34mg (17.13%), Vitamin A: 568.82IU (11.38%), Vitamin C: 6.47mg (7.85%), Vitamin E: 1.07mg (7.12%), Folate: 25.91µg (6.48%), Potassium: 218.18mg (6.23%), Magnesium: 23.41mg (5.85%), Copper: 0.08mg (4.02%), Vitamin B6: 0.08mg (3.95%), Phosphorus: 27.38mg (2.74%), Vitamin B1: 0.04mg (2.66%), Vitamin B2: 0.05mg (2.65%), Zinc: 0.3mg (1.98%), Vitamin B3: 0.39mg (1.97%), Selenium: 0.97µg (1.39%), Vitamin B5: 0.1mg (1.03%)