



Weeknight Tortellini Dinner Salad

READY IN



25 min.

SERVINGS



4

CALORIES



523 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 ounces cheese tortellini refrigerated
- 6 cups the salad mixed
- 3 ounces mushrooms sliced
- 0.5 cup almonds smoked whole
- 1 cup carrots sliced
- 0.8 cup ranch dressing

Equipment

Directions

- Cook and drain tortellini as directed on package. Rinse with cold water; drain.
- Toss tortellini and remaining ingredients except dressing in large serving dish.
- Serve with dressing.

Nutrition Facts

PROTEIN 11.79% **FAT 58.3%** **CARBS 29.91%**

Properties

Glycemic Index:34.71, Glycemic Load:13.96, Inflammation Score:-10, Nutrition Score:19.648260964%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 522.77kcal (26.14%), Fat: 34.56g (53.17%), Saturated Fat: 5.62g (35.15%), Carbohydrates: 39.89g (13.3%), Net Carbohydrates: 34.12g (12.41%), Sugar: 6.61g (7.35%), Cholesterol: 35.94mg (11.98%), Sodium: 721.21mg (31.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.72g (31.44%), Vitamin A: 6044.8IU (120.9%), Vitamin K: 64.52µg (61.45%), Vitamin E: 5.79mg (38.59%), Manganese: 0.57mg (28.56%), Fiber: 5.77g (23.07%), Phosphorus: 222.56mg (22.26%), Vitamin B2: 0.38mg (22.17%), Vitamin C: 16.25mg (19.7%), Calcium: 169.94mg (16.99%), Iron: 3.01mg (16.69%), Magnesium: 62.87mg (15.72%), Copper: 0.3mg (15.23%), Potassium: 433.04mg (12.37%), Vitamin B3: 2.08mg (10.42%), Folate: 41.56µg (10.39%), Vitamin B5: 0.92mg (9.21%), Vitamin B6: 0.15mg (7.61%), Vitamin B1: 0.1mg (6.65%), Selenium: 4.56µg (6.51%), Zinc: 0.95mg (6.32%), Vitamin B12: 0.09µg (1.42%)