



Cheese Tortellini with Walnut Pesto

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

637 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 pound cheese tortellini fresh
- ☐ 0.3 cup lightly flat-leaf parsley with thick stems removed packed
- ☐ 2 cloves garlic smashed
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.5 cup olive oil
- ☐ 3 tablespoons parmesan cheese grated plus more for serving
- ☐ 0.5 teaspoon salt
- ☐ 1 cup walnuts

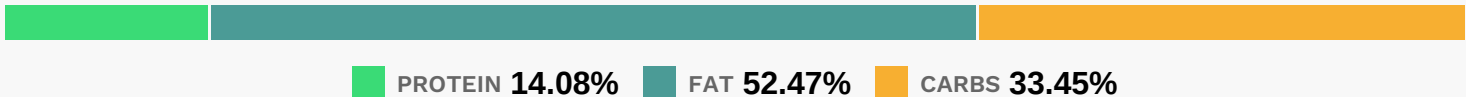
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ In a food processor or blender, pulse the walnuts, parsley, garlic, Parmesan, oil, salt, and pepper to a coarse puree.
- ☐ In a large pot of boiling, salted water, cook the tortellini until just done, about 4 minutes for fresh and 12 minutes for frozen. Reserve 1/2 cup of the pasta water.
- ☐ Drain the tortellini. Toss with 1/4 cup of the reserved pasta water, the walnut pesto, and the butter. If the pasta seems dry, add more of the reserved pasta water.
- ☐ Sprinkle with additional Parmesan and pass more at the table.
- ☐ Fresh, Frozen, and Dried Tortellini: We recommend fresh tortellini, which are sold in the refrigerator section of most supermarkets. Frozen are a close second and great to have on hand. Both of these are better than dried.
- ☐ Wine Recommendation: Look for a crisp, acidic white wine to cut through the richness of the walnuts. A sauvignon blanc from either California or New Zealand would be suitable.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:23.07, Inflammation Score:-6, Nutrition Score:14.616521817187%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 636.93kcal (31.85%), Fat: 38.05g (58.54%), Saturated Fat: 8.1g (50.65%), Carbohydrates: 54.58g (18.19%), Net Carbohydrates: 48.09g (17.49%), Sugar: 4g (4.45%), Cholesterol: 53.88mg (17.96%), Sodium: 874.74mg (38.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.97g (45.93%), Vitamin K: 86.58µg (82.46%), Manganese: 1.05mg (52.58%), Fiber: 6.5g (25.99%), Copper: 0.48mg (24.02%), Calcium: 233.52mg (23.35%), Iron: 4.14mg (23%), Phosphorus: 131.21mg (13.12%), Magnesium: 50.69mg (12.67%), Vitamin A: 547.77IU (10.96%), Vitamin B6: 0.18mg (9.18%), Folate: 36.66µg (9.17%), Vitamin C: 7.5mg (9.09%), Zinc: 1.14mg (7.62%), Vitamin E: 1.12mg (7.48%), Vitamin B1: 0.11mg (7.22%), Potassium: 172.22mg (4.92%), Selenium: 3.01µg (4.29%), Vitamin B2: 0.06mg (3.81%), Vitamin B5: 0.21mg (2.13%), Vitamin B3: 0.41mg (2.05%)