



Fried Tortellini with Marinara Cream Sauce



Vegetarian

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READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

676 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup bread crumbs
- ☐ 2 eggs
- ☐ 3 eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 16 ounce pasta sheets fresh
- ☐ 0.3 cup goat cheese fresh softened
- ☐ 0.3 teaspoon ground pepper black

- ☐ 0.5 cup heavy whipping cream
- ☐ 1 jar tomatoes prepared
- ☐ 6 servings nutmeg freshly grated
- ☐ 0.3 cup parmesan grated
- ☐ 0.5 cup parmesan finely grated
- ☐ 6 servings vegetable oil; peanut oil preferred for deep frying
- ☐ 1 cup ricotta cheese
- ☐ 6 servings salt and pepper
- ☐ 6 servings salt and pepper black freshly ground

Equipment

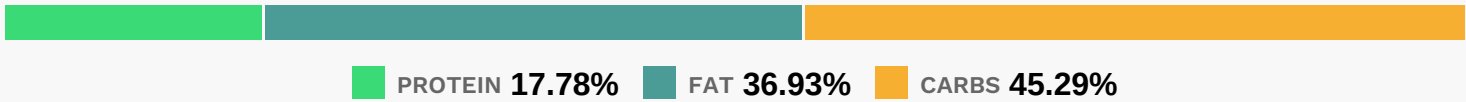
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ pizza cutter

Directions

- ☐ Mix together ricotta cheese, goat cheese, grated Parmesan, 1 egg, black pepper and a pinch of freshly grated nutmeg in a bowl.
- ☐ Lay out the pasta sheets on a lightly floured surface. With a pizza cutter or sharp knife cut the sheets up to make 2 by 2-inch squares of dough.
- ☐ Place about 2 teaspoons of the cheese filling in the center of each square. Beat the remaining egg and lightly brush around circumference of the dough. Fold each square in half diagonally to make a triangle around the filling. Press out any air from the center so that the dough is fit smoothly around the filling. Wrap the triangle around your index finger and press the tips together. The third point of the triangle should fold forward to make the proper tortellini shape.

- ☐ Place the finished tortellini on a lightly floured baking sheet.
- ☐ Cook the fresh tortellini in a large pot of simmering water for about 3 minutes or until they float.
- ☐ Drain and rinse under cold water to stop the cooking process.
- ☐ Preheat oil to 375 degrees F.
- ☐ Place the flour in a shallow bowl or pie plate.
- ☐ Put the beaten eggs into another. In a third bowl, toss together bread crumbs, Parmesan, parsley.
- ☐ In small batches, bread the tortellini in the flour, then the egg, and then the bread crumb mixture, shaking off any excess.
- ☐ Fry the tortellini in batches in the oil until golden brown, about 2 minutes.
- ☐ Remove to a paper towel lined sheet tray to drain and season with salt and pepper while still hot.
- ☐ In a large saucepan, combine sauce, cream and salt and pepper. Bring to a boil over medium-low heat. Boil 2 minutes.
- ☐ Remove from heat.;

Nutrition Facts



Properties

Glycemic Index:61.17, Glycemic Load:14.32, Inflammation Score:-9, Nutrition Score:27.776956309443%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 675.79kcal (33.79%), Fat: 27.77g (42.72%), Saturated Fat: 14.05g (87.83%), Carbohydrates: 76.64g (25.55%), Net Carbohydrates: 73.29g (26.65%), Sugar: 6.52g (7.24%), Cholesterol: 247.93mg (82.64%), Sodium: 1177.81mg (51.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.08g (60.16%), Vitamin B1: 0.9mg (59.83%), Folate: 223.38µg (55.85%), Vitamin B2: 0.93mg (54.58%), Phosphorus: 463.91mg (46.39%), Selenium: 32.11µg (45.87%), Manganese: 0.91mg (45.44%), Iron: 6.46mg (35.9%), Calcium: 340.99mg (34.1%), Vitamin B3:

5.98mg (29.88%), Vitamin A: 1454.28IU (29.09%), Copper: 0.5mg (25.09%), Magnesium: 83.82mg (20.96%), Zinc: 3mg (19.98%), Potassium: 660.64mg (18.88%), Vitamin E: 2.76mg (18.4%), Vitamin B5: 1.75mg (17.47%), Vitamin B6: 0.33mg (16.66%), Vitamin K: 16.96µg (16.15%), Vitamin B12: 0.95µg (15.8%), Fiber: 3.35g (13.42%), Vitamin C: 9mg (10.91%), Vitamin D: 1.23µg (8.22%)