

Ricotta Tortellini







SIDE DISH

LUNCH

MAIN COURSE

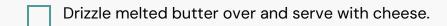
MAIN DISH

Ingredients

1 large egg whites beaten
3 large eggs
2 cups flour all-purpose
0.7 cup parsley fresh minced
1 teaspoon lemon zest
1 teaspoon nutmeg freshly grated
12 servings parmesan finely grated for serving
0.5 teaspoon sea salt plus more fine

20 ounces whole-milk ricotta cheese

	4 cup butter unsalted melted ()	
Equipment		
	bowl	
	baking sheet	
	pot	
	cookie cutter	
	stand mixer	
	slotted spoon	
	pasta machine	
Directions		
	Mash all ingredients in a medium bowl until well blendedand smooth. Cover and chill while preparing dough.	
	Place first 3 ingredients in bowl of a stand mixer with adough hook.	
	Mix at low speed until dough pulls away from side ofbowl, about 4 minutes.	
	Place on work surface; knead until smooth,adding water by teaspoonfuls if dry, 2-3 minutes (dough is fairlystiff). Divide in 4, flatten, wrap in plastic, and chill for 30 minutes.	
	Working with 1 dough round at a time, run dough through widestsetting of a pasta machine. Fold in half; run through machine. Repeat7 times.	
	Roll through machine without folding, decreasing width settingafter each roll, until 1/16" thick.	
	Transfer to a floured surface.	
	Using a 3" cookie cutter, cut dough into circles. Spoon 1 roundedteaspoonful of filling into center of each dough.	
	Brush edges lightlywith egg white; fold over and press to seal, forming a half-moon shape.Fold and press tips together, moistening with egg white to seal.	
	Transfer to a lightly floured rimmed baking sheet. DO AHEAD: Can bemade 6 hours ahead. Cover and chill.	
	Bring a large pot of water to a boil. Season with salt; add tortelloni. Simmer, stirring gently, until cooked through, 2–3 minutesafter they begin to float. Using a slotted spoon, divide tortelloniamong bowls.	



Nutrition Facts

PROTEIN 9.68% FAT 79.72% CARBS 10.6%

Properties

Glycemic Index:17, Glycemic Load:11.83, Inflammation Score:-8, Nutrition Score:15.110000009122%

Flavonoids

Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 795.22kcal (39.76%), Fat: 70.61g (108.63%), Saturated Fat: 44.26g (276.64%), Carbohydrates: 21.12g (7.04%), Net Carbohydrates: 20.39g (7.42%), Sugar: 2g (2.22%), Cholesterol: 237.14mg (79.05%), Sodium: 660.07mg (28.7%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 19.29g (38.57%), Vitamin K: 60.57µg (57.69%), Vitamin A: 2473.76IU (49.48%), Calcium: 464.47mg (46.45%), Phosphorus: 276.33mg (27.63%), Selenium: 18.96µg (27.09%), Vitamin B2: 0.3mg (17.7%), Folate: 53.69µg (13.42%), Vitamin E: 1.99mg (13.27%), Vitamin B1: 0.19mg (12.51%), Vitamin D: 1.53µg (10.23%), Vitamin B12: 0.6µg (10.04%), Iron: 1.66mg (9.24%), Zinc: 1.24mg (8.27%), Manganese: 0.17mg (8.27%), Vitamin B3: 1.4mg (7.01%), Magnesium: 23.1mg (5.77%), Vitamin C: 4.65mg (5.64%), Vitamin B5: 0.52mg (5.21%), Copper: 0.07mg (3.41%), Vitamin B6: 0.06mg (3.18%), Potassium: 109.12mg (3.12%), Fiber: 0.72g (2.9%)