

Ricotta Tortellini

READY IN



45 min.

SERVINGS



12

CALORIES



795 kcal

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 blended and smooth. Cover and chill while preparing dough.

☐ Place first 3 ingredients in bowl of a stand mixer with a dough hook.

☐ Mix at low speed until dough pulls away from side of bowl, about 4 minutes.

☐ Place on work surface; knead until smooth, adding water by teaspoonfuls if dry, 2–3 minutes (dough is fairly stiff). Divide in 4, flatten, wrap in plastic, and chill for 30 minutes.

☐ Working with 1 dough round at a time, run dough through widest setting of a pasta machine. Fold in half; run through machine. Repeat 7 times.

☐ Roll through machine without folding, decreasing width setting after each roll, until 1/16" thick.

☐ Transfer to a floured surface.

☐ Using a 3" cookie cutter, cut dough into circles. Spoon 1 rounded teaspoonful of filling into center of each dough.

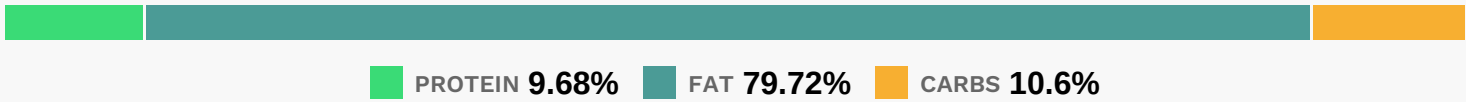
☐ Brush edges lightly with egg white; fold over and press to seal, forming a half-moon shape. Fold and press tips together, moistening with egg white to seal.

☐ Transfer to a lightly floured rimmed baking sheet. DO AHEAD: Can be made 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 minutes after they begin to float. Using a slotted spoon, divide tortelloni among bowls.

Drizzle melted butter over and serve with cheese.

Nutrition Facts



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: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg 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: 0g (100%), Alcohol %: 0% (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%)