



Tia and David's Deep Fried Tortellini

READY IN



25 min.

SERVINGS



6

CALORIES



334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup bread crumbs
- 0.3 cup cornflake crumbs
- 6 servings parsley dried to taste
- 2 eggs lightly beaten
- 6 servings oil for deep frying
- 16 ounce cheese tortellini fresh refrigerated
- 6 servings salt and pepper to taste

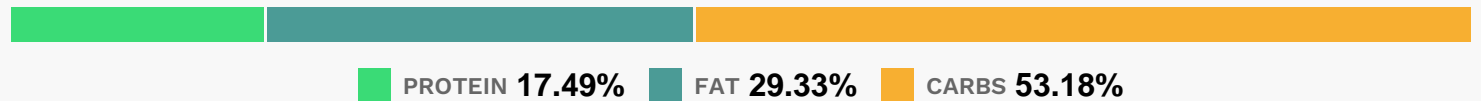
Equipment

- frying pan
- ziploc bags
- deep fryer

Directions

- Cook tortellini according to package directions. Rinse under cool water, and allow to cool slightly.
- In a large resealable plastic bag, combine bread crumbs, cornflake crumbs, salt, pepper, and parsley.
- Heat oil in a deep fryer or deep skillet over medium heat. In small batches, dip the tortellini in egg, and place in resealable bag. Shake to coat, and set aside on a plate until the oil is hot.
- In batches, deep fry breaded tortellini until golden brown.
- Serve with tomato sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:14.97, Inflammation Score:-3, Nutrition Score:7.5260869368263%

Flavonoids

Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg

Nutrients (% of daily need)

Calories: 334.1kcal (16.7%), Fat: 10.9g (16.78%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 44.5g (14.83%), Net Carbohydrates: 41.07g (14.93%), Sugar: 3.39g (3.77%), Cholesterol: 83.29mg (27.76%), Sodium: 647.97mg (28.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.26%), Iron: 5.27mg (29.3%), Vitamin B2: 0.24mg (13.96%), Fiber: 3.43g (13.71%), Calcium: 125.17mg (12.52%), Vitamin B1: 0.18mg (12.11%), Folate: 47.08µg (11.77%), Vitamin B12: 0.64µg (10.65%), Vitamin B3: 2.08mg (10.42%), Vitamin B6: 0.21mg (10.39%), Selenium: 6.47µg (9.24%), Vitamin A: 257.2IU (5.14%), Phosphorus: 46.96mg (4.7%), Vitamin E: 0.67mg (4.46%), Vitamin D: 0.65µg (4.32%), Manganese: 0.07mg (3.62%), Vitamin K: 3.7µg (3.52%), Vitamin B5: 0.27mg (2.73%), Vitamin C: 2.2mg (2.66%), Zinc: 0.36mg (2.39%), Copper: 0.04mg (2.12%), Magnesium: 7.94mg (1.99%), Potassium: 48.34mg (1.38%)