



Tortellini In Brodo

READY IN



45 min.

SERVINGS



6

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups chicken stock see homemade (if possible, is best)
- 1 teaspoon juice of lemon fresh
- 1 teaspoon lemon zest
- 1 teaspoon parmesan freshly grated
- 6 servings salt and pepper
- 0.8 cup tortellini frozen

Equipment

- bowl

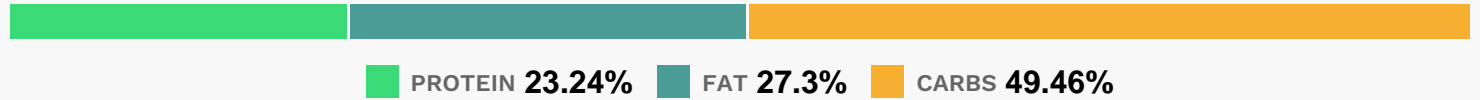
ladle

Directions

Heat the stock to a boil and cook the tortellini. Ladle into bowls, squeeze in lemon and stir. Grate cheese and zest on top, and add some freshly ground salt and pepper.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:2.62, Inflammation Score:-1, Nutrition Score:1.5652173913043%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Taste

Sweetness: 100%, Saltiness: 35.89%, Sourness: 87.56%, Bitterness: 76.93%, Savoriness: 99.48%, Fattiness: 70.16%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 71kcal (3.55%), Fat: 2.13g (3.28%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 8.15g (2.96%), Sugar: 1.67g (1.86%), Cholesterol: 7.55mg (2.52%), Sodium: 368.39mg (16.02%), Protein: 4.08g (8.17%), Vitamin B3: 1.27mg (6.33%), Vitamin B2: 0.07mg (4.06%), Iron: 0.51mg (2.85%), Selenium: 1.8µg (2.57%), Vitamin B6: 0.05mg (2.5%), Potassium: 85.59mg (2.45%), Calcium: 23.74mg (2.37%), Phosphorus: 22.86mg (2.29%), Copper: 0.04mg (2.19%), Fiber: 0.54g (2.17%), Vitamin B1: 0.03mg (1.9%), Vitamin C: 0.91mg (1.11%), Folate: 4.22µg (1.06%)