



Tortellini Tapas with Spicy Ranch Dip

READY IN



45 min.

SERVINGS



8

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 ounce cheese-filled tortellini refrigerated
- ☐ 8 servings garnish: cilantro sprigs fresh
- ☐ 2 cups breadcrumbs dry fine
- ☐ 2 large eggs
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.8 cup mild chunky salsa
- ☐ 16 ounce dressing with peppercorns, divided* ranch-style
- ☐ 2 cups vegetable oil

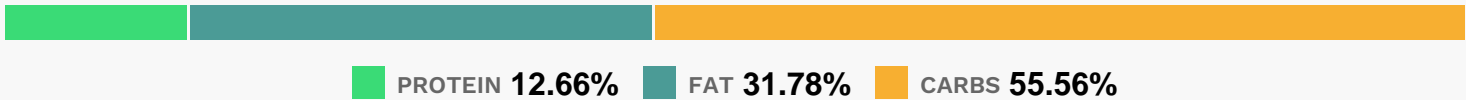
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cook tortellini according to package directions; drain and cool.
- ☐ Whisk together 1 cup dressing and eggs in a large bowl until blended.
- ☐ Add tortellini, and let stand 10 minutes.
- ☐ Drain and dredge in breadcrumbs; place on a baking sheet. Chill at least 1 hour.
- ☐ Stir together remaining dressing, salsa, and cilantro; chill.
- ☐ Pour oil into a Dutch oven; heat to 37
- ☐ Fry tortellini, in batches, until golden brown.
- ☐ Drain on paper towels.
- ☐ Serve with dip; garnish, if desired.
- ☐ *1 (16-ounce) bottle Ranch-style dressing plus 1/2 teaspoon cracked black pepper may be substituted.
- ☐ NOTE: To make ahead, fry tortellini according to directions; drain and place on a baking sheet. Keep warm in a 200 oven for 2 hours.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:13.33, Inflammation Score:-7, Nutrition Score:26.456521962%

Flavonoids

Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 469.59kcal (23.48%), Fat: 18.13g (27.89%), Saturated Fat: 4.07g (25.41%), Carbohydrates: 71.29g (23.76%), Net Carbohydrates: 54.06g (19.66%), Sugar: 3.91g (4.34%), Cholesterol: 58.62mg (19.54%), Sodium: 525.32mg (22.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.25g (32.5%), Manganese: 7.51mg (375.63%), Vitamin K: 117.56µg (111.97%), Fiber: 17.23g (68.91%), Iron: 7.96mg (44.2%), Copper: 0.85mg (42.46%), Calcium: 359.94mg (35.99%), Magnesium: 113.88mg (28.47%), Potassium: 889.71mg (25.42%), Vitamin B1: 0.34mg (22.42%), Selenium: 13.64µg (19.49%), Phosphorus: 166.97mg (16.7%), Vitamin B2: 0.28mg (16.28%), Vitamin B3: 2.73mg (13.64%), Vitamin B6: 0.26mg (13.14%), Vitamin E: 1.95mg (12.98%), Vitamin B5: 1.19mg (11.87%), Folate: 45.75µg (11.44%), Vitamin A: 535.13IU (10.7%), Zinc: 1.28mg (8.53%), Vitamin B12: 0.21µg (3.43%), Vitamin D: 0.25µg (1.67%)