

DINNER

Tortellini with Goat Cheese and Scallions

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	40 min	10 min	4	\$5.09	401 kcal

Tortellini with Goat Cheese and Scallions could be just the gluten free, primal, and ketogenic recipe you've been looking for. One serving contains 401 calories, 30g of protein, and 30g of fat. This recipe serves 4 and costs \$5.09 per serving. 1 person found this recipe to be yummy and satisfying.

Ingredients

☐ 4 cups good chicken broth	☐ 2 eggs
☐ 2 cups soft goat cheese, preferably Coach Farm	☐ ½ teaspoon freshly grated nutmeg
☐ ½ cup grated Parmigiano-Reggiano plus 1/4 cup	☐ 6 scallions, thinly sliced plus 2 scallions, thinly sliced

EQUIPMENT Sauce pan, Mixing bowl

Method

- 1 Bring 6 quarts water to boil and add 2 tablespoons salt.
- 2 In a large mixing bowl, mash goat cheese until soft.
- 3 Add scallions, eggs, nutmeg and cheese and stir well. Using a pasta roller, roll out pasta to thinnest setting and then cut sheets into 2-inch squares. Bring chicken stock to simmer in a 4-quart saucepan.

- 4 Place 1 teaspoon goat cheese filling in the center of each 2-inch square. Fold opposite corners together to form a triangle. Press edges together firmly to seal. Bring opposite points of the triangle together and meld together with firm finger pressure. Continue until all pasta is done. Drop tortellini in boiling water and cook until tender, about 7 to 10 minutes.
- 5 Drain well and drop into simmering chicken broth.
- 6 Add remaining scallions and cheese, check for seasoning and serve immediately.

Nutrition per serving			
	401	30 g	30 g
	KCAL	PROTEIN	FAT
			3 g
			CARBS
Saturated Fat			19.4 g · 121% of daily needs
Fibre			0.5 g · 2% of daily needs
Sugar			2.7 g · 3% of daily needs
Sodium			1,524 mg · 66% of daily needs
Cholesterol			147 mg · 49% of daily needs
Vitamin C			3.4 mg · 4% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/tortellini-with-goat-cheese-and-scallions-148299](https://www.whatsheate.com/tortellini-with-goat-cheese-and-scallions-148299)