



Tortellini with Peas and Prosciutto

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



449 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons parsley fresh chopped
- 3 cloves garlic thinly sliced
- 0.3 cup heavy cream
- 4 servings kosher salt
- 1 pound meat-filled tortellini
- 2 tablespoons olive oil extra-virgin
- 0.5 cup parmesan cheese grated
- 1 cup peas frozen thawed

- 4 ounces pancetta finely chopped
- 1 tablespoon tomato paste

Equipment

- frying pan
- ladle
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add the tortellini and cook as the label directs.
- Meanwhile, heat a large skillet over medium heat.
- Add the olive oil and prosciutto and cook until crisp, 3 to 4 minutes. Stir in the garlic and tomato paste and cook until fragrant, about 1 minute. Ladle in about 1 cup of the pasta cooking water and simmer until reduced by about half, 3 to 4 minutes.
- Add the cream and simmer until slightly thickened, 2 to 3 minutes.
- About 2 minutes before the tortellini are done, add the peas to the boiling water and cook until just tender.
- Drain the tortellini and peas and add to the skillet, tossing to coat with the sauce. Stir in the parsley.
- Sprinkle with the parmesan cheese.
- Photograph by Antonis Achilleos

Nutrition Facts

 **PROTEIN 30.63%**  **FAT 61.12%**  **CARBS 8.25%**

Properties

Glycemic Index:37.83, Glycemic Load:1.89, Inflammation Score:-7, Nutrition Score:21.770869483118%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 449.29kcal (22.46%), Fat: 30.25g (46.54%), Saturated Fat: 10.77g (67.32%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 6.84g (2.49%), Sugar: 3.03g (3.36%), Cholesterol: 118.97mg (39.66%), Sodium: 770.83mg (33.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.11g (68.23%), Vitamin B3: 13.91mg (69.55%), Selenium: 47.99µg (68.56%), Vitamin B6: 1.04mg (51.98%), Vitamin K: 47.41µg (45.16%), Phosphorus: 413.91mg (41.39%), Vitamin C: 20.19mg (24.47%), Vitamin B5: 1.92mg (19.17%), Potassium: 662.06mg (18.92%), Vitamin A: 878.29IU (17.57%), Vitamin B1: 0.26mg (17.48%), Vitamin B2: 0.27mg (15.64%), Calcium: 144.93mg (14.49%), Zinc: 2.09mg (13.95%), Magnesium: 53.51mg (13.38%), Vitamin E: 1.78mg (11.88%), Manganese: 0.23mg (11.65%), Fiber: 2.34g (9.37%), Vitamin B12: 0.56µg (9.35%), Folate: 33.03µg (8.26%), Iron: 1.46mg (8.12%), Copper: 0.14mg (6.87%), Vitamin D: 0.53µg (3.52%)