



## Tortellini With Pumpkin Alfredo Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



718 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup pumpkin pure canned
- 18 ounce cheese tortellini
- 1.3 cups heavy cream
- 4 servings kosher salt
- 1 pinch nutmeg freshly grated
- 0.3 cup parmesan cheese grated plus more for topping
- 4 servings pepper freshly ground
- 1 small shallots finely chopped
- 1 tablespoon butter unsalted

## Equipment

- bowl
- frying pan
- pot

## Directions

- Bring a large pot of salted water to a boil.
- Add the tortellini and cook as the label directs. Reserve 1/2 cup cooking water, then drain the pasta.
- Meanwhile, heat the butter in a skillet over medium-high heat.
- Add the shallot and cook, stirring, until slightly soft, about 2 minutes.
- Add the pumpkin and nutmeg and cook, stirring, 1 minute. Stir in the cream and bring to a low boil. Reduce the heat to medium low; simmer, stirring, until slightly thickened, about 5 minutes. Stir in the cheese and cook until thick, about 1 more minute. Season with salt and pepper.
- Add the tortellini to the skillet and toss with the sauce, adding some of the reserved cooking water to loosen, if needed. Divide among bowls and top with more cheese and parsley.
- Photograph by Kang Kim

## Nutrition Facts

 **PROTEIN 13.11%**  **FAT 52.71%**  **CARBS 34.18%**

## Properties

Glycemic Index:45.5, Glycemic Load:25.58, Inflammation Score:-10, Nutrition Score:11.4847826258%

## Nutrients (% of daily need)

Calories: 717.51kcal (35.88%), Fat: 42.47g (65.34%), Saturated Fat: 23.56g (147.23%), Carbohydrates: 61.97g (20.66%), Net Carbohydrates: 55.96g (20.35%), Sugar: 7.32g (8.14%), Cholesterol: 145.48mg (48.49%), Sodium: 879.64mg (38.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.77g (47.55%), Vitamin A: 6002.06IU (120.04%), Calcium: 296.99mg (29.7%), Fiber: 6.01g (24.05%), Iron: 3.88mg (21.53%), Vitamin B2: 0.18mg (10.63%), Phosphorus: 98.76mg (9.88%), Vitamin D: 1.27µg (8.49%), Vitamin E: 1.13mg (7.5%), Vitamin K: 7.84µg (7.47%), Selenium: 4.66µg (6.66%), Potassium: 169.2mg (4.83%), Manganese: 0.09mg (4.53%), Magnesium: 16.45mg (4.11%),

Zinc: 0.54mg (3.58%), Vitamin B5: 0.36mg (3.56%), Vitamin B6: 0.07mg (3.53%), Vitamin B12: 0.21µg (3.49%),  
Vitamin C: 2.24mg (2.72%), Copper: 0.05mg (2.68%), Folate: 9.46µg (2.37%), Vitamin B1: 0.03mg (1.92%)