



Tortellini with ricotta, spinach & bacon

READY IN



15 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g pack filled tortellini (we used ricotta & spinach)
- ☐ 2 rashers back bacon lean
- ☐ 25 g walnut pieces
- ☐ 1 juice of lemon
- ☐ 1 tbsp parmesan finely grated for serving
- ☐ 1 tbsp olive oil for serving
- ☐ 100 g salad spinach
- ☐ 2 tbsp ricotta

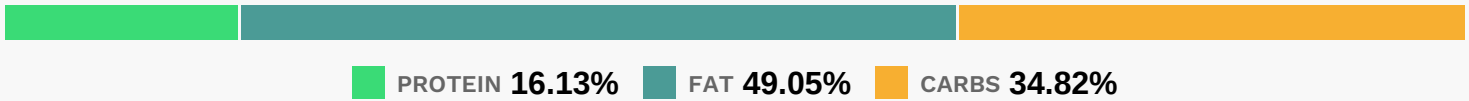
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill
- ☐ colander

Directions

- ☐ Heat the grill. Boil the pasta according to pack instructions, then tip into a colander and cool under gently running water. Meanwhile, grill the bacon on a baking tray until golden and crisp at the edges. When almost ready, tip the walnuts onto the tray to toast a little. Snip the bacon into strips.
- ☐ Mix the lemon zest and juice, Parmesan and oil in a large bowl. Season with pepper, then tip in the spinach, tortellini, bacon and walnuts. Toss well, add the ricotta in small blobs, then gently toss. Season to taste, then serve with a drizzle more oil and more Parmesan, if you like.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:12.65, Inflammation Score:-9, Nutrition Score:13.368695665961%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 337.41kcal (16.87%), Fat: 18.67g (28.72%), Saturated Fat: 4.92g (30.78%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 26.45g (9.62%), Sugar: 2.24g (2.49%), Cholesterol: 35.69mg (11.9%), Sodium: 390.42mg (16.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.81g (27.62%), Vitamin K: 123.13µg (117.27%), Vitamin A: 2393.16IU (47.86%), Manganese: 0.44mg (22.02%), Calcium: 150.67mg (15.07%), Folate: 57.11µg (14.28%), Iron:

2.56mg (14.24%), Fiber: 3.37g (13.47%), Vitamin C: 10.01mg (12.13%), Magnesium: 32.77mg (8.19%), Vitamin E: 1.12mg (7.5%), Phosphorus: 70.84mg (7.08%), Copper: 0.14mg (6.98%), Vitamin B6: 0.12mg (5.97%), Selenium: 4.14µg (5.92%), Potassium: 205.63mg (5.88%), Vitamin B2: 0.09mg (5.03%), Vitamin B1: 0.07mg (4.96%), Zinc: 0.58mg (3.87%), Vitamin B3: 0.71mg (3.56%), Vitamin B12: 0.1µg (1.59%), Vitamin B5: 0.14mg (1.44%)