



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Tortellini ♦

Tortellini is a traditional Italian pasta dish that originated in the region of Emilia-Romagna. It is a type of filled pasta, usually stuffed with a mixture of meat, cheese, or vegetables. Tortellini is typically served in a broth or with a sauce, and it is a popular dish for special occasions and holidays.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	tortellini
4 c	Chicken Broth
50 g	parmesan cheese
10 g	Parsley

Directions

Step 1

Boiling

Bring a large pot of salted water to a boil. Cook the tortellini according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Heating

In a separate pot, heat the chicken broth until hot.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Divide the cooked tortellini among serving bowls. Pour the hot chicken broth over the tortellini.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Garnish with grated Parmesan cheese and chopped parsley.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 5 g

Protein: 15 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Carbohydrates	50 g	90.91%	100%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

French

Japanese

Mediterranean

Middle Eastern

Kitchen Tools

Grill

Slow Cooker

Food Processor

Course

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Cinco de Mayo

Hanukkah

Oktoberfest

Diet

Low Carb, High Fat (LCHF) Diet

Vegan Diet

Pescatarian Diet

The 80/10/10 Diet

The Cabbage Soup Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com