



## Asparagus Ravioli in Parmesan Sauce

READY IN



300 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 pound asparagus trimmed
- ☐ 5 cups chicken stock see
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup mascarpone cheese
- ☐ 0.3 cup parmesan grated
- ☐ 3 inch parmesan
- ☐ 6 servings pasta dough
- ☐ 1 bay leaves

## Equipment

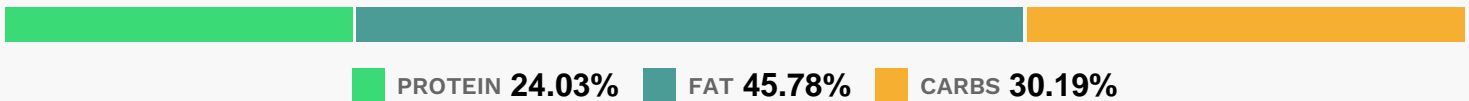
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ pasta machine

## Directions

- ☐ Cut off asparagus tips, then halve each tip lengthwise and reserve.
- ☐ Bring stock, cheese rind, and bay leaf to a simmer in a medium saucepan, then add asparagus stems and cook, uncovered, until stems are just tender, 5 to 6 minutes.
- ☐ Transfer stems to paper towels and cool slightly. Reserve broth.
- ☐ Purée asparagus stems in a food processor with grated parmesan, mascarpone, bread crumbs, zest, and 1/2 teaspoon each of salt and pepper.
- ☐ Cut dough into 4 equal pieces. Cover 3 pieces with plastic wrap, then pat out remaining piece into a flat rectangle and generously dust with flour.
- ☐ Set rollers of pasta machine on widest setting. Feed rectangle, a short side first, through rollers. Fold rectangle in thirds, like a letter, and feed it, a short side first, through rollers. Repeat 6 or 7 more times, folding dough in thirds and feeding it through rollers, a short side first each time, dusting with flour to prevent sticking.
- ☐ Turn dial to next (narrower) setting and feed dough through rollers without folding, a short side first. Continue to feed dough through without folding, making space between rollers narrower each time, until the second- or third-narrowest setting is used. (Do not roll too thin or pasta will tear when filled.)

- ☐ Put pasta sheet on a lightly floured kitchen towel (not terry cloth) with a long side nearest you. Drop 6 rounded teaspoon-size mounds of filling 10 inches apart in a row down center of right half of sheet.
- ☐ Brush pasta around mounds of filling lightly with water, then lift left half of sheet and drape over mounds.
- ☐ Press down firmly but gently around each mound, forcing out air. (Air pockets increase the chance that ravioli will break during cooking.)
- ☐ Cut pasta (between mounds) with a sharp knife into roughly 2-inch squares. Line a large shallow baking pan with a lightly floured kitchen towel (not terry cloth), then arrange ravioli in 1 layer in it. Make more ravioli with remaining pieces of dough and remaining filling, transferring to lined pan.
- ☐ Bring a pasta pot of salted water (2 tablespoons salt for 6 quarts water) to a boil over high heat, then reduce heat to a gentle boil.
- ☐ Bring reserved broth to a simmer, then simmer asparagus tips, uncovered, until tender, 2 to 3 minutes. Season broth with salt, then divide broth and asparagus tips among 6 shallow bowls, discarding cheese rind and bay leaf.
- ☐ Add half of ravioli to gently boiling water, carefully stirring to separate, and cook, adjusting heat to keep at a gentle boil, until pasta is just tender, 2 to 3 minutes. Lift cooked ravioli with a slotted spoon, draining well over pot, then transfer to bowls with broth. Repeat with remaining ravioli.
- ☐ Filling and broth, without asparagus tips, can be made 1 day ahead. Chill separately, uncovered, until cool, then covered.

## Nutrition Facts



## Properties

Glycemic Index:14.33, Glycemic Load:0.51, Inflammation Score:-6, Nutrition Score:11.132608768733%

## Flavonoids

Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

## Nutrients (% of daily need)

Calories: 188.38kcal (9.42%), Fat: 9.62g (14.8%), Saturated Fat: 4.96g (31.01%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 12.42g (4.52%), Sugar: 4.95g (5.5%), Cholesterol: 21.71mg (7.24%), Sodium: 478.98mg (20.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.72%), Vitamin K: 32.38µg (30.84%), Vitamin B3: 4.25mg (21.26%), Vitamin B2: 0.33mg (19.28%), Phosphorus: 166.17mg (16.62%), Calcium: 156.59mg (15.66%), Vitamin A: 782.75IU (15.65%), Vitamin B1: 0.23mg (15.21%), Folate: 55.55µg (13.89%), Selenium: 9.43µg (13.47%), Copper: 0.27mg (13.32%), Iron: 2.37mg (13.15%), Potassium: 381.69mg (10.91%), Vitamin B6: 0.21mg (10.3%), Manganese: 0.17mg (8.42%), Fiber: 1.85g (7.42%), Zinc: 1.02mg (6.77%), Vitamin E: 0.94mg (6.29%), Magnesium: 24.84mg (6.21%), Vitamin C: 5.07mg (6.15%), Vitamin B5: 0.28mg (2.79%), Vitamin B12: 0.13µg (2.13%)