



Baked Broccoli Ravioli

READY IN



60 min.

SERVINGS



4

CALORIES



376 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup basil leaves packed
- ☐ 1.5 pounds broccoli cut into 2-inch florets
- ☐ 0.5 pound lasagna sheets fresh
- ☐ 0.5 cup ricotta fresh
- ☐ 2 garlic cloves thinly sliced
- ☐ 0.5 cup olive oil extra-virgin plus more for drizzling
- ☐ 0.3 cup pecorino cheese freshly grated plus more for serving
- ☐ 4 servings salt
- ☐ 1 tablespoon butter unsalted

Equipment

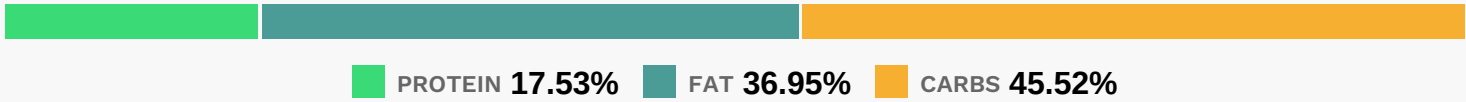
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ pasta machine

Directions

- ☐ Blanch the basil in boiling water for 20 seconds.
- ☐ Drain and rinse under cold water; squeeze dry. In a mini food processor, puree the basil with 1/2 cup of the oil. Season with salt and transfer to a small bowl.
- ☐ In a large skillet, heat 2 tablespoons of the oil.
- ☐ Add the garlic and cook for 30 seconds.
- ☐ Add the broccoli, 1/2 cup of water and the butter, cover and cook over moderately low heat until tender, 10 minutes.
- ☐ Let cool. Coarsely puree the broccoli in a food processor; transfer to a bowl. Stir in the ricotta and 1/4 cup of the pecorino and season with salt.
- ☐ Bring a large pot of salted water to a boil. Using a pasta machine, roll the lasagna sheets through the thinnest setting.
- ☐ Cut the sheets into twelve 4-inch squares. Cook the squares in the water until tender, 2 minutes.
- ☐ Drain, pat dry and rub with oil to prevent sticking.
- ☐ Preheat the oven to 42
- ☐ Coat a large, shallow baking dish with oil.
- ☐ Place 2 heaping tablespoons of the filling into the center of each pasta square. Fold the squares into triangles; arrange in the dish.
- ☐ Sprinkle with 3 tablespoons of the pecorino.

- ☐ Bake on the top rack for 10 minutes, until the cheese starts to brown.
- ☐ Drizzle with the basil oil and serve, passing more cheese at the table.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:2.7, Inflammation Score:-9, Nutrition Score:27.552609018658%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 375.7kcal (18.78%), Fat: 15.93g (24.5%), Saturated Fat: 6.57g (41.05%), Carbohydrates: 44.15g (14.72%), Net Carbohydrates: 39.6g (14.4%), Sugar: 3.06g (3.4%), Cholesterol: 71.23mg (23.74%), Sodium: 366.69mg (15.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17g (34%), Vitamin K: 202.4µg (192.76%), Vitamin C: 153.27mg (185.79%), Folate: 215.34µg (53.83%), Manganese: 0.77mg (38.25%), Vitamin B1: 0.53mg (35.47%), Vitamin A: 1654.34IU (33.09%), Vitamin B2: 0.54mg (31.7%), Phosphorus: 307.66mg (30.77%), Calcium: 233.47mg (23.35%), Potassium: 701.57mg (20.04%), Vitamin B6: 0.4mg (19.85%), Iron: 3.56mg (19.75%), Fiber: 4.55g (18.2%), Magnesium: 72.06mg (18.02%), Vitamin B3: 3.09mg (15.45%), Vitamin E: 2.28mg (15.22%), Selenium: 9.92µg (14.17%), Vitamin B5: 1.4mg (13.96%), Zinc: 1.98mg (13.2%), Copper: 0.25mg (12.47%), Vitamin B12: 0.36µg (5.95%)