



WHATSheATE



Beet Ravioli with Poppy Seed Butter

READY IN



45 min.

SERVINGS



8

CALORIES



550 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons breadcrumbs dried
- ☐ 0.5 cup butter (1 stick)
- ☐ 1.3 pounds extra wide egg noodles fresh
- ☐ 14 ounces golden beets red
- ☐ 8 servings parmesan cheese freshly grated
- ☐ 1 tablespoon poppy seeds
- ☐ 0.5 cup whole-milk ricotta cheese fresh

Equipment

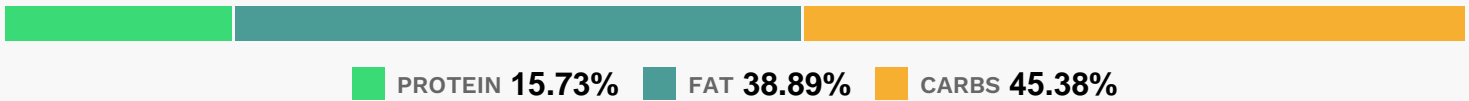
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400°F. Wrap beets individually in foil; place on baking sheet. Roast until tender when pierced with knife, about 1 hour. Open foil carefully (steam will escape). Cool. Peel beets; finely grate into medium bowl.
- ☐ Add ricotta cheese and season to taste with salt and pepper. Stir in breadcrumbs.
- ☐ Roll Fresh Egg Pasta dough into sheets according to recipe.
- ☐ Place 1 dough sheet on work surface. Using 3-inch round biscuit cutter, cut sheet into 7 rounds.
- ☐ Transfer rounds to lightly floured baking sheet; cover with plastic wrap. Repeat with remaining dough for total of 56 rounds.
- ☐ Sprinkle 2 smooth kitchen towels with flour.
- ☐ Place 8 pasta rounds on work surface, keeping remaining dough covered with plastic.
- ☐ Place small bowl of water next to work surface. Spoon 1 teaspoon beet filling onto half of each round. Dip fingertip into water and dampen edge of 1 round. Fold dough over filling, pushing out as much air as possible and pressing edges firmly to seal.
- ☐ Transfer to prepared towels. Repeat with remaining rounds. (Can be prepared 1 week ahead.
- ☐ Transfer to rimmed baking sheet and place in freezer until frozen solid, about 6 hours.
- ☐ Transfer ravioli to resealable plastic bags.)

- ☐
- Melt butter in large skillet over medium heat and stir in poppy seeds; keep warm. Working in batches, cook ravioli in large pot of boiling salted water until cooked through, stirring often, about 2 minutes. Using slotted spoon, transfer to skillet with melted butter; toss to coat. Divide ravioli among 8 plates; sprinkle with Parmesan.
- ☐
- Market Tip
- ☐
- The flavor, color, and texture of roasted fresh beets is incomparable, so don't even consider using the canned variety. When choosing beets, select bunches with bright, glossy leaves attached.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:23.35, Inflammation Score:-6, Nutrition Score:18.082608492478%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 549.59kcal (27.48%), Fat: 23.74g (36.52%), Saturated Fat: 12.87g (80.46%), Carbohydrates: 62.33g (20.78%), Net Carbohydrates: 58.27g (21.19%), Sugar: 5.4g (6%), Cholesterol: 118.6mg (39.53%), Sodium: 704.54mg (30.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.2%), Selenium: 67.62µg (96.6%), Manganese: 0.89mg (44.66%), Phosphorus: 398.17mg (39.82%), Calcium: 346.7mg (34.67%), Folate: 80.45µg (20.11%), Zinc: 2.97mg (19.81%), Magnesium: 68.28mg (17.07%), Fiber: 4.06g (16.24%), Copper: 0.28mg (14.22%), Vitamin A: 674.36IU (13.49%), Vitamin B2: 0.2mg (11.95%), Vitamin B1: 0.18mg (11.9%), Iron: 2.11mg (11.73%), Potassium: 405.76mg (11.59%), Vitamin B6: 0.22mg (10.84%), Vitamin B12: 0.64µg (10.72%), Vitamin B3: 1.86mg (9.3%), Vitamin B5: 0.85mg (8.54%), Vitamin E: 0.79mg (5.24%), Vitamin C: 2.44mg (2.96%), Vitamin D: 0.36µg (2.42%), Vitamin K: 2.12µg (2.02%)