



Black Bean-And-Corn Ravioli With Red Pepper Sauce

READY IN



45 min.

SERVINGS



5

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup black bean dip fat-free
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup whole-kernel corn frozen thawed
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup green onions chopped
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- ☐ 0.5 teaspoon ground cumin
- ☐ 0 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon red wine vinegar
- ☐ 14.5 ounce roasted bell peppers red drained
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup vegetable broth
- ☐ 1 cup water
- ☐ 25 won ton wrappers

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ blender
- ☐ slotted spoon

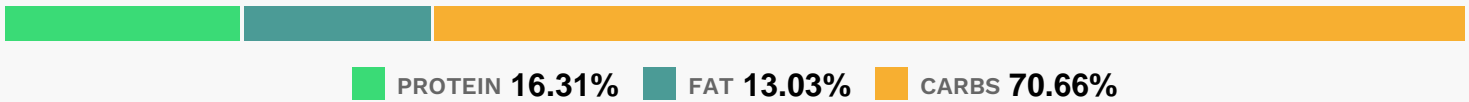
Directions

- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Working with one won ton wrapper at a time (cover remaining wrappers with a damp towel to keep them from drying), spoon 1 tablespoon bean mixture into center of each wrapper. Moisten edges of dough with water; bring 2 opposite corners together. Pinch edges together to seal, forming a triangle.
- ☐ Place ravioli on a large baking sheet sprinkled with cornstarch. Cover ravioli with a damp towel to keep them from drying.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add ravioli, and cook 2 minutes on each side or until lightly browned.
- ☐ Add water; cover and cook 1 minute.

- ☐
- Remove ravioli from pan with a slotted spoon; keep warm.

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Nutrition Facts



Properties

Glycemic Index:55.62, Glycemic Load:1.61, Inflammation Score:-6, Nutrition Score:11.776521765667%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 221.23kcal (11.06%), Fat: 3.25g (5%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 39.62g (13.21%), Net Carbohydrates: 34.53g (12.56%), Sugar: 8.23g (9.14%), Cholesterol: 3.38mg (1.13%), Sodium: 1706.9mg (74.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.29%), Vitamin C: 41.32mg (50.09%), Vitamin K: 25.33µg (24.13%), Manganese: 0.46mg (23.04%), Fiber: 5.09g (20.36%), Iron: 3.31mg (18.39%), Selenium: 11.3µg (16.14%), Vitamin B1: 0.23mg (15.52%), Folate: 59.13µg (14.78%), Vitamin B3: 2.74mg (13.68%), Vitamin A: 620.56IU (12.41%), Vitamin B2: 0.19mg (11.4%), Vitamin B6: 0.19mg (9.72%), Copper: 0.19mg (9.72%), Calcium: 67.68mg (6.77%), Phosphorus: 63.01mg (6.3%), Potassium: 218.87mg (6.25%), Magnesium: 23.03mg (5.76%), Zinc: 0.55mg (3.68%), Vitamin E: 0.21mg (1.38%), Vitamin B5: 0.12mg (1.21%)