



 **21%**
HEALTH SCORE

Butternut Squash Ravioli in Cider Broth

READY IN



45 min.

SERVINGS



6

CALORIES



704 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup apple cider
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 3 tablespoons butter
- 1.5 pounds butternut squash halved lengthwise seeded
- 1.5 cups chicken broth canned
- 3 tablespoons parsley fresh chopped
- 0.5 teaspoon thyme sprigs fresh chopped
- 0.1 teaspoon ground cinnamon

- 0.3 cup maple syrup pure
- 6 servings parmesan shaved
- 1 cup ricotta cheese
- 0.3 cup shallots chopped (2)
- 0.5 cup water
- 32 wonton wrappers () (potsticker)
- 32 wonton wrappers () (potsticker)

Equipment

- bowl
- frying pan
- baking sheet
- ladle
- oven
- pot
- baking pan
- aluminum foil
- slotted spoon

Directions

- Preheat oven to 350°F.
- Place squash, cut side up, in baking pan.
- Sprinkle with brown sugar and cinnamon; season with salt and pepper.
- Drizzle with syrup; dot with 1 tablespoon butter.
- Pour 1/2 cup water into bottom of pan.
- Bake until squash is tender, about 1 hour. Cool completely.
- Scoop out squash into bowl. Mash.
- Transfer 3/4 cup squash to medium bowl (reserve remaining squash for another use).

- Mix in ricotta, 1/4 cup grated Parmesan, 2 tablespoons parsley and thyme. Season with salt and pepper.
- Place wrappers on work surface.
- Place 1 level tablespoon filling in center of each.
- Brush edges with water; fold each in half, pressing edges to seal. (Ravioli can be made 4 hours ahead. Arrange in single layer on foil-lined baking sheets dusted with flour. Cover and refrigerate.)
- Melt 2 tablespoons butter in large pan over medium heat.
- Add shallots; sauté 1 minute.
- Add stock and cider; simmer 8 minutes.
- Add 1 tablespoon parsley. Season with salt and pepper.
- Working in batches, cook ravioli in pot of boiling salted water until just tender, about 1 minute. Using slotted spoon, divide ravioli among shallow soup bowls. Bring cider broth to simmer; ladle over ravioli. Top with shaved Parmesan.

Nutrition Facts

PROTEIN 21.45% **FAT 31.03%** **CARBS 47.52%**

Properties

Glycemic Index:48.88, Glycemic Load:5.36, Inflammation Score:-10, Nutrition Score:31.582608850106%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 704.48kcal (35.22%), Fat: 24.31g (37.41%), Saturated Fat: 13.35g (83.42%), Carbohydrates: 83.78g (27.93%), Net Carbohydrates: 79.5g (28.91%), Sugar: 21.59g (23.99%), Cholesterol: 89.36mg (29.78%), Sodium: 1277.43mg (55.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.81g (75.61%), Vitamin A: 12926.54IU (258.53%), Selenium: 45.65µg (65.21%), Calcium: 573.79mg (57.38%), Manganese: 1.13mg (56.4%), Phosphorus: 466.77mg (46.68%), Vitamin B2: 0.74mg (43.41%), Vitamin B1: 0.57mg (37.91%), Vitamin B3: 7.15mg (35.74%), Vitamin K: 36.8µg (35.05%), Vitamin C: 27.97mg (33.9%), Folate: 115.38µg (28.84%), Iron: 4.96mg (27.57%), Zinc:

3.51mg (23.4%), Magnesium: 90.95mg (22.74%), Potassium: 732.72mg (20.93%), Vitamin B6: 0.4mg (19.8%),
Vitamin B12: 1.04µg (17.35%), Fiber: 4.28g (17.12%), Vitamin E: 2.09mg (13.96%), Copper: 0.27mg (13.4%), Vitamin B5:
0.77mg (7.72%), Vitamin D: 0.28µg (1.89%)