



Butternut Squash Ravioli in Cider Broth

READY IN



45 min.

SERVINGS



6

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 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)

Equipment

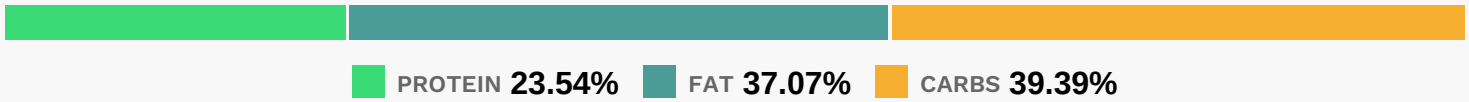
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

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



Properties

Glycemic Index:48.88, Glycemic Load:5.36, Inflammation Score:-10, Nutrition Score:27.394347610681%

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: 572.88kcal (28.64%), Fat: 23.71g (36.48%), Saturated Fat: 13.24g (82.76%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 53.14g (19.32%), Sugar: 17.71g (19.68%), Cholesterol: 85.75mg (28.58%), Sodium: 1047.51mg (45.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.88g (67.76%), Vitamin A: 12920.94IU (258.42%), Calcium: 551.67mg (55.17%), Selenium: 34.32µg (49.03%), Manganese: 0.87mg (43.51%), Phosphorus: 434.21mg (43.42%), Vitamin K: 36.8µg (35.05%), Vitamin B2: 0.59mg (34.52%), Vitamin C: 27.97mg (33.9%), Vitamin B3: 4.97mg (24.87%), Vitamin B1: 0.36mg (24.07%), Zinc: 3.22mg (21.5%), Magnesium: 82.59mg (20.65%), Folate: 80.94µg (20.23%), Iron: 3.59mg (19.94%), Potassium: 694.6mg (19.85%), Vitamin B6: 0.38mg (19.11%), Vitamin B12: 1.03µg (17.22%), Fiber: 3.56g (14.24%), Vitamin E: 2.09mg (13.96%), Copper: 0.21mg (10.37%), Vitamin B5: 0.76mg (7.57%), Vitamin D: 0.28µg (1.89%)