



Butternut Squash Ravioli with Orange-Prosciutto Oil



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup olive oil
- ☐ 2 oz pancetta
- ☐ 16 oz butternut squash frozen
- ☐ 1 serving basil fresh chopped
- ☐ 1.5 tablespoons orange zest grated
- ☐ 0.3 cup orange juice fresh
- ☐ 1 serving salt to taste

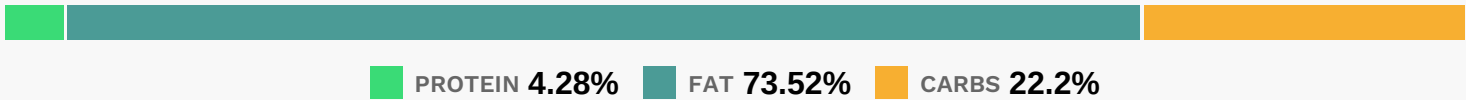
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk

Directions

- ☐ In 8-inch skillet, heat 1 tablespoon of the olive oil.
- ☐ Add prosciutto; cook until crisp. With sharp knife, chop prosciutto into small pieces. Set aside in small bowl.
- ☐ Cook butternut squash ravioli as directed on package.
- ☐ To prosciutto in bowl, add remaining olive oil, the orange juice, orange peel and salt; beat with whisk until well blended.
- ☐ In large serving bowl, toss prosciutto mixture with cooked ravioli.
- ☐ Sprinkle with basil.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:11, Inflammation Score:-10, Nutrition Score:13.779565251392%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 280.86kcal (14.04%), Fat: 23.79g (36.6%), Saturated Fat: 4.4g (27.49%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 13.61g (4.95%), Sugar: 4.23g (4.7%), Cholesterol: 9.36mg (3.12%), Sodium: 147.47mg (6.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Vitamin A: 12136.62IU (242.73%), Vitamin C: 37.3mg (45.21%), Vitamin E: 4.3mg (28.69%), Potassium: 475mg (13.57%), Vitamin K: 14.18µg (13.5%), Manganese: 0.24mg (11.97%), Vitamin B1: 0.17mg (11.6%), Vitamin B6: 0.23mg (11.27%), Magnesium: 43.35mg (10.84%), Fiber: 2.56g (10.22%), Vitamin B3: 2.04mg (10.19%), Folate: 37.83µg (9.46%), Phosphorus: 62.1mg (6.21%), Calcium: 62.13mg (6.21%), Vitamin B5: 0.58mg (5.84%), Iron: 1.03mg (5.71%), Copper: 0.1mg (5.04%), Selenium: 3.46µg (4.94%), Vitamin B2: 0.04mg (2.52%), Zinc: 0.36mg (2.38%), Vitamin B12: 0.07µg (1.18%)