



Butternut Squash Ravioli with Pancetta and Sage

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 pound butternut squash cooked uncooked mashed
- 0.3 ounce porcini mushrooms dried
- 5 tablespoons breadcrumbs dry
- 1 large eggs lightly beaten
- 2 teaspoons sage fresh chopped
- 0.1 teaspoon ground nutmeg
- 2 teaspoons lemon rind grated

- 1.5 tablespoons olive oil
- 2.5 ounces pancetta chopped
- 1 ounce parmesan cheese fresh grated
- 0.3 teaspoon salt
- 40 won ton wrappers

Equipment

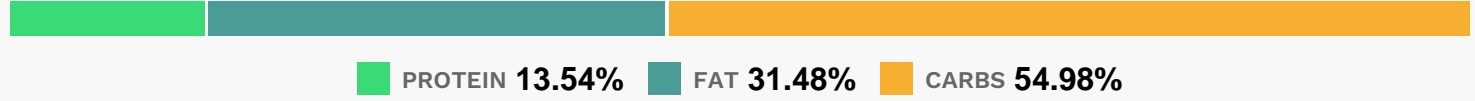
- bowl
- frying pan
- sauce pan
- slotted spoon
- dutch oven

Directions

- Pour boiling water over mushrooms in a bowl. Cover and let stand 30 minutes or until tender, and drain. Squeeze mushrooms to remove excess moisture. Chop mushrooms.
- Heat oil in a medium saucepan over medium-high heat.
- Add pancetta; cook until crisp.
- Remove half of pancetta from pan with a slotted spoon, and place in a medium bowl, reserving remaining pancetta and drippings.
- Add the mushrooms, squash, breadcrumbs, cheese, rind, salt, nutmeg, and egg to bowl, stirring to combine.
- Working with 1 won ton wrapper at a time (cover remaining wrappers with a damp towel to keep them from drying), spoon about 1 tablespoon squash mixture into center of each wrapper.
- Brush edges of wrapper with water, and top with another wrapper, stretching top wrapper slightly to meet edges of bottom wrapper. Press the edges together firmly with fingers, and cut edges with a 2 1/2-inch round cutter. Repeat the procedure with remaining won ton wrappers and squash mixture.
- Fill a large Dutch oven with water; bring to a simmer.
- Add half of ravioli; cook 3 minutes or until done (do not boil).

- Remove the ravioli with a slotted spoon. Keep warm. Repeat procedure with remaining ravioli.
- Reheat remaining pancetta and drippings over medium-low heat; drizzle over ravioli.
- Sprinkle with sage and pepper.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.09, Inflammation Score:-10, Nutrition Score:28.665217409963%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 492.42kcal (24.62%), Fat: 17.3g (26.62%), Saturated Fat: 5.06g (31.6%), Carbohydrates: 68g (22.67%), Net Carbohydrates: 63.39g (23.05%), Sugar: 3.47g (3.86%), Cholesterol: 69.76mg (23.25%), Sodium: 919.44mg (39.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.74g (33.48%), Vitamin A: 12195.37IU (243.91%), Copper: 3.37mg (168.43%), Selenium: 34.69µg (49.56%), Manganese: 0.97mg (48.39%), Vitamin B1: 0.69mg (45.96%), Vitamin B3: 7.26mg (36.28%), Vitamin C: 25.17mg (30.51%), Folate: 117.95µg (29.49%), Vitamin B2: 0.48mg (28.02%), Iron: 4.46mg (24.79%), Phosphorus: 224.28mg (22.43%), Calcium: 213.26mg (21.33%), Fiber: 4.61g (18.43%), Magnesium: 70.2mg (17.55%), Vitamin E: 2.63mg (17.51%), Potassium: 579.02mg (16.54%), Vitamin B6: 0.31mg (15.32%), Vitamin B5: 1.26mg (12.56%), Zinc: 1.61mg (10.73%), Vitamin B12: 0.34µg (5.73%), Vitamin K: 5.6µg (5.33%), Vitamin D: 0.43µg (2.84%)