



## Butternut Squash Ravioli with Sage-Brown Butter Sauce

READY IN



80 min.

SERVINGS



8

CALORIES



395 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon allspice
- 1 large butternut squash peeled halved lengthwise seeded
- 1 teaspoon egg whites lightly beaten
- 0.3 cup sage fresh chopped
- 2 teaspoons ground cinnamon
- 0.5 teaspoon nutmeg
- 8 servings pepper black to taste
- 8 servings sauce

- 0.5 cup parmesan
- 8 servings pepper black freshly ground to taste
- 0.3 cup butter unsalted
- 50 wonton wrappers
- 50 wonton wrappers

## Equipment

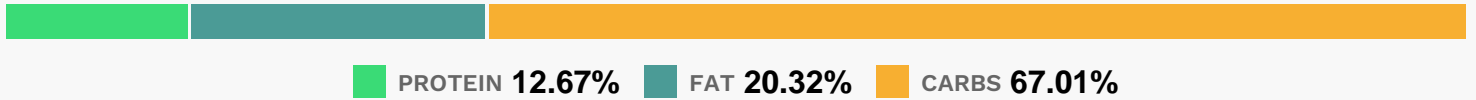
- bowl
- frying pan
- baking sheet
- oven
- pot
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the squash cut side up on a baking sheet.
- Place 1 tablespoon butter in the hollow of each half.
- Sprinkle with salt and pepper to taste. Cover the squash with a sheet of aluminum foil tucking in the edges.
- Bake squash in preheated oven until tender and easily pierced with a fork, 45 to 65 minutes.
- Scoop the cooked squash into a bowl, and mash until smooth.
- Mix in the allspice, nutmeg, cinnamon, and Parmesan cheese until well blended. Season to taste with salt and pepper.
- Fill a deep pot with lightly salted water and bring to a boil.
- To make the ravioli, place a wonton wrapper on a clean, flat surface.
- Brush edges with the egg white.
- Place about 1 tablespoon of the squash mixture in the middle of the wonton. Cover with a second wonton wrapper. Repeat with remaining wonton wrappers and squash mixture until all have been used.

- Drop the ravioli into the boiling water, and cook for 3 to 5 minutes, or until tender.
- Remove, drain, and keep warm until sauce is prepared.
- To make the sauce, melt the butter in a skillet over medium heat. Stir in the sage. Continue to cook and stir until the sage is crispy but not browned.
- Add salt and pepper to taste.
- Place 6 to 8 raviolis on serving plates, and drizzle with sauce.

## Nutrition Facts



### Properties

Glycemic Index:22.63, Glycemic Load:0.12, Inflammation Score:-10, Nutrition Score:23.333478303059%

### Nutrients (% of daily need)

Calories: 395.21kcal (19.76%), Fat: 8.96g (13.78%), Saturated Fat: 4.99g (31.17%), Carbohydrates: 66.49g (22.16%), Net Carbohydrates: 62.52g (22.74%), Sugar: 2.4g (2.67%), Cholesterol: 27.94mg (9.31%), Sodium: 654.15mg (28.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.57g (25.14%), Vitamin A: 10208.21IU (204.16%), Copper: 1.44mg (72.25%), Manganese: 0.95mg (47.48%), Selenium: 28.54µg (40.77%), Vitamin B1: 0.59mg (39.01%), Vitamin B3: 6.24mg (31.22%), Folate: 106.82µg (26.7%), Vitamin C: 19.76mg (23.95%), Vitamin B2: 0.4mg (23.54%), Iron: 3.98mg (22.1%), Calcium: 174.42mg (17.44%), Fiber: 3.96g (15.84%), Phosphorus: 153.24mg (15.32%), Magnesium: 55.31mg (13.83%), Potassium: 423.62mg (12.1%), Vitamin E: 1.54mg (10.28%), Vitamin B6: 0.18mg (9.01%), Zinc: 1.01mg (6.72%), Vitamin B5: 0.44mg (4.4%), Vitamin K: 2.12µg (2.02%), Vitamin B12: 0.11µg (1.77%)