



## Butternut Squash Ravioli with Sage Butter Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



287 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 2 pound butternut squash
- ☐ 0.5 cup gingersnaps crushed ( 8 cookies)
- ☐ 2 tablespoons milk
- ☐ 4 ounces parmesan divided freshly grated
- ☐ 8 servings pepper freshly ground
- ☐ 8 servings sage
- ☐ 0.5 teaspoon salt

☐ 12 ounce wonton wrappers

## Equipment

☐ bowl

☐ baking sheet

☐ sauce pan

☐ oven

☐ aluminum foil

☐ slotted spoon

## Directions

☐ Stir together gingersnaps and milk in a medium bowl.

☐ Let stand until cookies are softened (about 10 minutes).

☐ Cut squash in half lengthwise; remove seeds. Line a baking sheet with aluminum foil. Coat foil with cooking spray.

☐ Place squash, cut side down, on foil.

☐ Bake, uncovered, at 400 for 30 to 40 minutes or until tender. Scoop out pulp; mash. Discard shell. Measure 1 3/4 cups pulp; reserve any remaining pulp for another use.

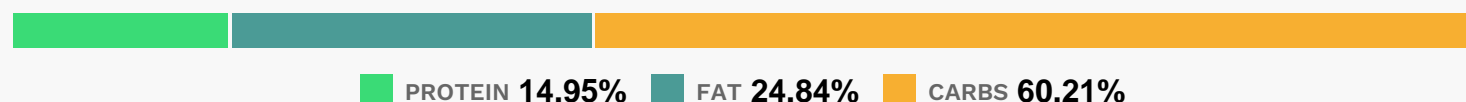
☐ Stir 1 3/4 cups squash pulp, 1/2 cup cheese, butter, and salt into softened gingersnaps. Working with 6 won ton wrappers at a time (keeping remaining wrappers covered), spoon about 1 tablespoon squash filling into center of each wrapper. Moisten edges of each wrapper with water; bring 2 opposite corners together. Press edges together with a fork to seal, forming a triangle. Cover ravioli with a damp towel to keep them from drying.

☐ Bring 2 quarts water to a boil in a large saucepan. Cook ravioli, 6 at a time, uncovered, 1 to 2 minutes. Quickly remove from water with a slotted spoon. Keep warm.

☐ Place 6 ravioli in each serving bowl. Top each with 1 tablespoon Sage Butter Sauce.

☐ Sprinkle evenly with remaining 1/2 cup cheese and pepper.

## Nutrition Facts



## Properties

Glycemic Index:18.38, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:18.0947825805%

## Nutrients (% of daily need)

Calories: 287.37kcal (14.37%), Fat: 8.07g (12.41%), Saturated Fat: 4.51g (28.16%), Carbohydrates: 44.01g (14.67%), Net Carbohydrates: 40.8g (14.84%), Sugar: 4.2g (4.66%), Cholesterol: 21.44mg (7.15%), Sodium: 683.35mg (29.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.86%), Vitamin A: 12265.1IU (245.3%), Manganese: 0.63mg (31.52%), Vitamin C: 23.81mg (28.86%), Calcium: 253.94mg (25.39%), Vitamin B1: 0.36mg (23.75%), Selenium: 16.22µg (23.17%), Vitamin B3: 3.94mg (19.71%), Folate: 74.45µg (18.61%), Phosphorus: 180.9mg (18.09%), Iron: 2.81mg (15.59%), Vitamin B2: 0.26mg (15.16%), Copper: 0.29mg (14.74%), Magnesium: 57.52mg (14.38%), Potassium: 479.51mg (13.7%), Fiber: 3.22g (12.87%), Vitamin E: 1.82mg (12.11%), Vitamin B6: 0.21mg (10.49%), Zinc: 0.92mg (6.14%), Vitamin B5: 0.57mg (5.75%), Vitamin B12: 0.2µg (3.41%), Vitamin K: 2.08µg (1.99%)