



WHATSheATE



Butternut Squash Ravioli with Spinach Pesto

READY IN



75 min.

SERVINGS



6

CALORIES



354 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups baby spinach fresh
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1.5 pounds butternut squash halved lengthwise seeded
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup basil fresh
- ☐ 2 garlic clove
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon oregano fresh chopped

- ☐ 2.5 ounces parmesan divided grated
- ☐ 0.4 teaspoon salt divided
- ☐ 2 tablespoons butter unsalted melted
- ☐ 2 tablespoons vegetable stock organic
- ☐ 0.3 cup walnuts divided toasted chopped
- ☐ 6 quarts water
- ☐ 36 wonton wrappers

Equipment

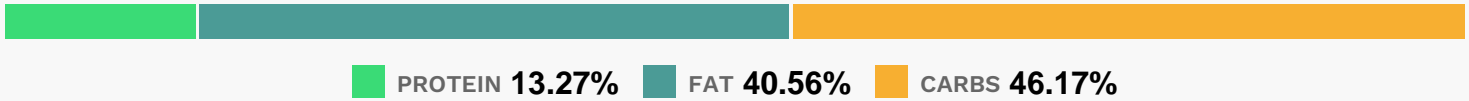
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 400
- ☐ Place squash halves, cut sides down, on a foil-lined baking sheet coated with cooking spray.
- ☐ Bake at 400 for 30 minutes or until tender. Cool. Scoop out pulp; discard peel. Mash pulp.
- ☐ Combine oregano, squash pulp, and butter in a large bowl. Stir in 2 ounces (about 1/2 cup) cheese, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to keep them from drying), spoon about 1 1/2 teaspoons squash mixture into center of each wrapper. Moisten edges of wrapper with beaten egg; bring 2 opposite corners together. Pinch edges together to seal, forming a triangle. Repeat procedure with remaining wrappers, squash mixture, and egg. Cover ravioli loosely with a towel to prevent drying.
- ☐ Place garlic in a food processor, and pulse until finely chopped.

- ☐ Add remaining 1/2 ounce (about 2 tablespoons) cheese, remaining 1/8 teaspoon salt, remaining 1/4 teaspoon pepper, spinach, basil, and 2 tablespoons walnuts. With processor on, slowly pour oil, broth, and juice through food chute. Process until well blended.
- ☐ Place pesto in a large bowl.
- ☐ Bring 6 quarts water to a boil in a large Dutch oven.
- ☐ Add half of ravioli; cook 3 minutes or until thoroughly cooked.
- ☐ Remove ravioli with a slotted spoon. Repeat procedure with remaining ravioli.
- ☐ Add ravioli to pesto; toss gently to coat. Arrange 6 ravioli on each of 6 plates; sprinkle each serving with 1 teaspoon walnuts.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.37, Inflammation Score:-10, Nutrition Score:23.309999999461%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 353.53kcal (17.68%), Fat: 16.35g (25.16%), Saturated Fat: 5.7g (35.65%), Carbohydrates: 41.88g (13.96%), Net Carbohydrates: 37.86g (13.77%), Sugar: 2.9g (3.22%), Cholesterol: 53.12mg (17.71%), Sodium: 682.79mg (29.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.07%), Vitamin A: 13150.02IU (263%), Vitamin K: 54.74µg (52.13%), Manganese: 0.86mg (42.89%), Vitamin C: 27mg (32.73%), Calcium: 281.4mg (28.14%), Selenium: 19.03µg (27.18%), Vitamin B1: 0.38mg (25.48%), Folate: 97.09µg (24.27%), Copper: 0.42mg (20.77%), Magnesium: 81.06mg (20.26%), Vitamin B3: 4.02mg (20.09%), Phosphorus: 198.22mg (19.82%), Vitamin E: 2.88mg (19.23%), Iron: 3.33mg (18.48%), Vitamin B2: 0.3mg (17.68%), Fiber: 4.02g (16.09%), Potassium: 546.46mg (15.61%), Vitamin B6: 0.28mg (13.95%), Zinc: 1.26mg (8.43%), Vitamin B5: 0.71mg (7.05%), Vitamin B12: 0.23µg (3.88%), Vitamin D: 0.3µg (1.97%)