



Chestnut Ravioli with Sage Browned Butter

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon flat-leaf parsley fresh finely chopped
- ☐ 1 tablespoon sage fresh finely chopped
- ☐ 1 large garlic clove smashed
- ☐ 1 apples i use 2 granny smith apples
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup onions finely chopped
- ☐ 2 ounces pancetta sliced finely chopped
- ☐ 2 tablespoons parmesan finely grated
- ☐ 1 cup roasted shelled

- ☐ 8 servings salt and pepper
- ☐ 7 tablespoons butter unsalted
- ☐ 0.3 cup water
- ☐ 48 round won ton wrappers (12-ounce package)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ plastic wrap
- ☐ cookie cutter
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ colander

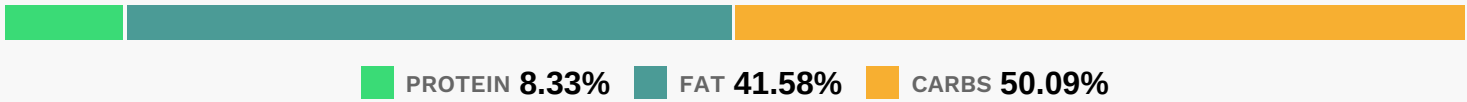
Directions

- ☐ Coarsely chop the chestnuts. Cook the pancetta in 3 tablespoons butter in a heavy saucepan over moderate heat, stirring, until crisp on edges, about 5 minutes.
- ☐ Add onion and garlic and cook, stirring, until onion is softened.
- ☐ Adds chestnuts and water and simmer, stirring, until liquid is reduced by half. Discard the garlic.
- ☐ Transfer the mixture to a bowl and mash to a coarse paste with a fork. Peel half of the apple and cut enough of the peeled half into 1/4-inch dice to measure 3 tablespoons. Reserve remaining unpeeled apple. Stir diced, peeled apple into the chestnut mixture with Parmesan, parsley and salt and pepper to taste. Put 1 won ton wrapper on a work surface, keeping the remaining wrappers in plastic wrap, and mound 1 scant tablespoon of filling in center. Lightly brush the edges of the wrapper with water and top with a second wrapper, pressing down around filling to force out air. Trim excess dough with a 2 3/4-inch round cookie cutter and seal edges well, pressing them together with your fingertips.
- ☐ Transfer the ravioli to a dry kitchen towel, then make more in the same manner.

- ☐
- Cut enough of the unpeeled apple into 1/4-inch dice to measure 3 tablespoons and toss with lemon juice.

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Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:5.25, Inflammation Score:-5, Nutrition Score:12.465652237768%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 304.34kcal (15.22%), Fat: 14.06g (21.63%), Saturated Fat: 7.63g (47.7%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 36.58g (13.3%), Sugar: 2.65g (2.95%), Cholesterol: 35.92mg (11.97%), Sodium: 521.03mg (22.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.68%), Copper: 2.43mg (121.56%), Manganese: 0.45mg (22.28%), Selenium: 14.6µg (20.86%), Vitamin B1: 0.29mg (19.33%), Vitamin B3: 2.97mg (14.84%), Folate: 52.3µg (13.08%), Vitamin C: 10.11mg (12.25%), Vitamin B2: 0.2mg (11.55%), Iron: 1.88mg (10.47%), Vitamin K: 9.61µg (9.15%), Vitamin A: 384.11IU (7.68%), Phosphorus: 70.31mg (7.03%), Fiber: 1.52g (6.1%), Vitamin B6: 0.12mg (5.9%),

Potassium: 182.62mg (5.22%), Calcium: 51.9mg (5.19%), Magnesium: 19.46mg (4.86%), Zinc: 0.58mg (3.86%),
Vitamin E: 0.37mg (2.44%), Vitamin B5: 0.18mg (1.82%), Vitamin D: 0.22µg (1.46%), Vitamin B12: 0.08µg (1.34%)