



Chestnut Ravioli with Sage Browned Butter

READY IN



45 min.

SERVINGS



8

CALORIES



308 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

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 onion finely chopped
- ☐ 2 oz pancetta sliced finely chopped
- ☐ 2 tablespoons parmesan finely grated
- ☐ 1 cup roasted fresh shelled ()

- ☐ 7 tablespoons butter unsalted
- ☐ 0.3 cup water
- ☐ 48 won ton wrappers (12-oz package)

Equipment

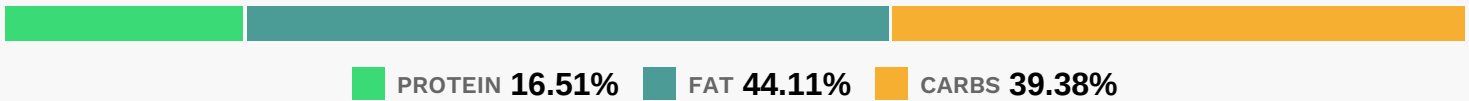
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ colander

Directions

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

- ☐
- Heat remaining 4 tablespoons butter in a large heavy skillet over moderate heat until foam subsides and butter begins to turn brown. Stir in sage and cook, stirring, until sage is crisp and butter is golden brown. Season with salt and pepper.
- ☐
- Add ravioli to a 6-quart pot of salted boiling water, then cook at a slow boil, stirring gently occasionally, until tender, 3 to 5 minutes. Carefully transfer ravioli with a slotted spoon to a colander to drain. Slide ravioli into sage butter and cook over moderate heat, stirring gently, 1 minute.
- ☐
- Sprinkle ravioli with unpeeled apple and season with pepper.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:14.111739220827%

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: 308.35kcal (15.42%), Fat: 15.04g (23.14%), Saturated Fat: 7.96g (49.74%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 28.69g (10.43%), Sugar: 2.65g (2.95%), Cholesterol: 54.55mg (18.18%), Sodium: 341.38mg (14.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.67g (25.34%), Copper: 2.37mg (118.68%), Selenium: 22.79µg (32.56%), Vitamin B1: 0.4mg (26.35%), Vitamin B3: 4.47mg (22.35%), Manganese: 0.39mg (19.35%), Vitamin B2: 0.25mg (14.64%), Vitamin B6: 0.28mg (13.92%), Phosphorus: 130.05mg (13.01%), Folate: 41.93µg (10.48%), Iron: 1.87mg (10.41%), Vitamin K: 9.61µg (9.15%), Vitamin A: 379.46IU (7.59%), Zinc: 1.02mg (6.83%), Fiber: 1.52g (6.1%), Potassium: 206.67mg (5.9%), Magnesium: 21.78mg (5.44%), Calcium: 49.86mg (4.99%), Vitamin B12: 0.23µg (3.85%), Vitamin C: 2.92mg (3.54%), Vitamin B5: 0.32mg (3.17%), Vitamin E: 0.4mg (2.7%), Vitamin D: 0.34µg (2.24%)