



Chicken Ravioli with Marsala Reduction

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



451 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 strip bacon cut into small pieces
- 2 tablespoons brown sugar
- 0.5 stick butter
- 2 tablespoons butter
- 1 chicken livers roughly chopped
- 3 tablespoons chicken stock see
- 1.5 cups chicken thighs shredded cooked
- 1 green onion sliced in half lengthwise and chopped finely, for garnish

- 4 servings kosher salt and pepper black freshly ground
- 0.5 cup marsala wine
- 2 teaspoons marsala wine
- 3 tablespoons parmesan grated plus more for serving
- 32 wonton skins
- 0.5 cup red wine
- 2 tablespoons red wine
- 0.5 onion yellow chopped

Equipment

- food processor
- frying pan
- paper towels
- whisk
- pot
- blender
- slotted spoon

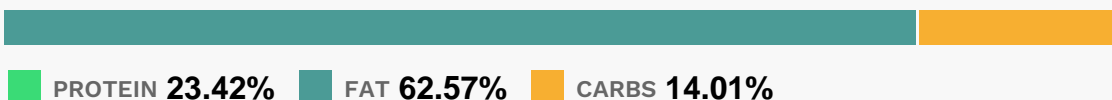
Directions

- For the chicken ravioli: In a medium saute pan, cook the bacon until firm but not crisp, about 5 minutes.
- Add the onions and 1 tablespoon butter, and cook over medium heat until the onions are tender.
- Add the red wine and chicken liver and cook over medium-low heat until cooked through, 4 to 5 minutes. Season with salt and pepper, and set aside.
- In a blender or food processor, mix the liver mixture with the shredded chicken, remaining 1 tablespoons butter, Parmesan, chicken stock and marsala until creamy. Season with salt and pepper.
- Place 1 teaspoon of the filling into each wonton skin, and seal by brushing a little water along the wonton edges and folding diagonally (into a triangle) and gently pinching the wonton skin

closed. Work quickly and keep the wontons covered with a damp paper towel to keep from drying out.

- Place in the freezer until ready to cook so the raviolis will firm up.
- Heat the marsala, red wine and brown sugar over medium-high heat and let the sauce reduce until it becomes syrupy.
- Bring a large pot of salted water to a gentle boil. Use a large slotted spoon to place the ravioli into the water and cook 4 to 5 minutes. Work in batches.
- In a small saute pan, melt the butter and whisk in 3 tablespoons starchy pasta water to blend together.
- Place the ravioli on the plate and cover with 2 tablespoons of the melted butter sauce, a drizzle of the marsala reduction and sprinkle of Parmesan and green onion.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:13.213913260595%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 2.89mg, Petunidin: 2.89mg, Petunidin: 2.89mg, Petunidin: 2.89mg Delphinidin: 2.02mg, Delphinidin: 2.02mg, Delphinidin: 2.02mg, Delphinidin: 2.02mg Malvidin: 35.98mg, Malvidin: 35.98mg, Malvidin: 35.98mg, Malvidin: 35.98mg Peonidin: 1.74mg, Peonidin: 1.74mg, Peonidin: 1.74mg, Peonidin: 1.74mg Catechin: 5.88mg, Catechin: 5.88mg, Catechin: 5.88mg, Catechin: 5.88mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 3.88mg, Epicatechin: 3.88mg, Epicatechin: 3.88mg, Epicatechin: 3.88mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 450.77kcal (22.54%), Fat: 26.93g (41.44%), Saturated Fat: 14.25g (89.07%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 13.23g (4.81%), Sugar: 9.45g (10.5%), Cholesterol: 136.86mg (45.62%), Sodium:

449.78mg (19.56%), Alcohol: 8.94g (100%), Alcohol %: 5.5% (100%), Protein: 22.68g (45.37%), Vitamin A: 1835.16IU (36.7%), Vitamin B12: 2.08µg (34.74%), Selenium: 21.73µg (31.04%), Vitamin B3: 5.82mg (29.09%), Vitamin B2: 0.33mg (19.42%), Phosphorus: 192.56mg (19.26%), Vitamin B6: 0.38mg (18.85%), Folate: 73.75µg (18.44%), Vitamin B5: 1.32mg (13.17%), Iron: 2.15mg (11.96%), Zinc: 1.41mg (9.39%), Potassium: 291.9mg (8.34%), Manganese: 0.17mg (8.28%), Vitamin K: 8.14µg (7.76%), Calcium: 76.01mg (7.6%), Vitamin B1: 0.1mg (6.9%), Magnesium: 26.41mg (6.6%), Copper: 0.12mg (6.22%), Vitamin C: 3.62mg (4.39%), Vitamin E: 0.62mg (4.15%), Fiber: 0.34g (1.35%)