



Chickpea Ravioli with Basil Pesto and Hazelnuts

READY IN



45 min.

SERVINGS



7

CALORIES



261 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups basil leaves packed
- ☐ 2.8 ounces bob's mill garbanzo bean flour (garbanzo bean)
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 large eggs
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 0.7 cup less-sodium chicken broth fat-free
- ☐ 1.3 cups flour all-purpose (9 ounces)

- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 1 small garlic clove
- ☐ 3 tablespoons hazelnuts toasted chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon kosher salt
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 2 tablespoons mascarpone cheese
- ☐ 0.1 teaspoon nutmeg whole grated
- ☐ 1 ounce parmigiano-reggiano cheese fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 5 tablespoons water
- ☐ 6 quarts water

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ knife
- ☐ plastic wrap
- ☐ measuring cup
- ☐ slotted spoon
- ☐ dutch oven

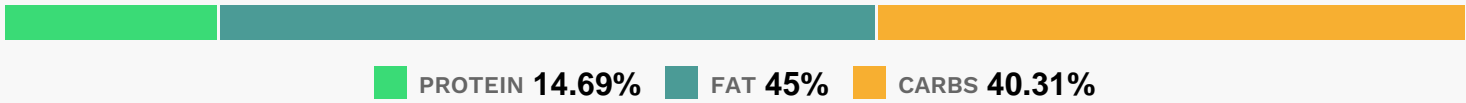
Directions

- ☐ To prepare pasta, lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and 1/2 teaspoon salt in a food processor; process 30 seconds.

- ☐ Combine 5 tablespoons water, 1 tablespoon oil, and eggs, stirring well. With processor running, slowly pour water mixture through food chute, processing just until dough forms a ball. Turn dough out onto a lightly floured surface; knead 6 times. Shape dough into a disk. Dust dough lightly with flour; wrap in plastic wrap.
- ☐ Let stand 30 minutes.
- ☐ Divide dough into 14 equal portions. Working with 1 portion at a time (cover remaining dough to prevent drying), press dough flat.
- ☐ Roll 2 dough portions into 18 x 3 inch rectangles (turning dough over occasionally and dusting surface lightly with flour).
- ☐ Lay pasta sheets flat; cover.
- ☐ Combine chickpeas and next 6 ingredients (through 1 garlic clove) in a food processor; process until smooth.
- ☐ Place 1 pasta sheet on a lightly floured work surface. Spoon about 1 1/2 teaspoons filling mixture 1 1/2 inches from left edge of sheet; spoon 1 1/2 teaspoons filling mixture at 3-inch intervals along the length of sheet. Moisten edges and in between each filling portion with water; place remaining pasta sheet on top, pressing to seal.
- ☐ Cut pasta sheet into 6 (3 x 3 inch) ravioli, trimming edges with a sharp knife or pastry wheel.
- ☐ Brush excess flour from ravioli; press gently to flatten tops.
- ☐ Place ravioli on a lightly floured baking sheet (cover with a damp towel to prevent drying). Repeat procedure with the remaining dough portions and filling mixture to form 42 ravioli.
- ☐ Bring 6 quarts water and 1 tablespoon kosher salt to a boil in a large Dutch oven.
- ☐ Add 6 ravioli to pan; cook 1 1/2 minutes or until no longer translucent.
- ☐ Remove ravioli from water with a slotted spoon.
- ☐ Place ravioli on a tray, making sure they do not overlap; cover and keep warm. Repeat procedure with remaining ravioli.
- ☐ To prepare pesto, combine basil and next 5 ingredients (through 1 garlic clove) in a food processor; process until smooth. With processor on, slowly pour 1 1/2 tablespoons oil through food chute; process until well blended.
- ☐ Serve with ravioli.
- ☐ Sprinkle with hazelnuts.
- ☐ Wine note: In this recipe, the key wine-pairing factors are lemon, nutmeg, and basil. A dry Italian white will pick up on the citrus and green flavors of the dish, contrast nicely with the

nutmeg, and act as a crisp counterpoint to the softness of the ravioli. With this dish, try Mastroberardino's Greco di Tufo. The 2006 is \$ Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:60.43, Glycemic Load:16.56, Inflammation Score:-6, Nutrition Score:12.98391321431%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 261.11kcal (13.06%), Fat: 13.04g (20.07%), Saturated Fat: 3.32g (20.78%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 23.8g (8.66%), Sugar: 1.65g (1.83%), Cholesterol: 60.18mg (20.06%), Sodium: 1639.44mg (71.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.17%), Manganese: 0.72mg (35.79%), Vitamin K: 35.26µg (33.58%), Folate: 109.97µg (27.49%), Selenium: 15.06µg (21.51%), Copper: 0.39mg (19.5%), Vitamin B1: 0.28mg (18.85%), Phosphorus: 138.5mg (13.85%), Iron: 2.47mg (13.74%), Vitamin B2: 0.23mg (13.3%), Vitamin A: 615.76IU (12.32%), Magnesium: 47.94mg (11.99%), Calcium: 117.07mg (11.71%), Vitamin E: 1.74mg (11.6%), Fiber: 2.48g (9.93%), Vitamin B3: 1.91mg (9.56%), Vitamin B6: 0.15mg (7.31%), Zinc: 1.05mg (6.99%), Potassium: 208.45mg (5.96%), Vitamin B5: 0.5mg (4.98%), Vitamin B12: 0.22µg (3.65%), Vitamin C: 2.46mg (2.98%), Vitamin D: 0.31µg (2.04%)