



Chocolate-Hazelnut Ravioli

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



326 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup chocolate-hazelnut spread (recommended: Nutella)
- ☐ 1 eggs beaten to blend
- ☐ 16 mint leaves fresh
- ☐ 8 servings granulated sugar for dredging
- ☐ 8 servings vegetable oil for frying
- ☐ 16 wonton wrappers

Equipment

- ☐ frying pan

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Line a baking sheet with plastic wrap.
- ☐ Place 1 wonton wrapper on the work surface.
- ☐ Brush the edges of the wrapper lightly with egg. Spoon 1 tablespoon of chocolate-hazelnut spread into the center of the wrapper. Fold the wrapper diagonally in half over the filling and press the edges of the wrapper to seal.
- ☐ Place the ravioli on the prepared baking sheet. Repeat with the remaining wonton wrappers, egg, and chocolate-hazelnut spread.
- ☐ Preheat the oven to 200 degrees F.
- ☐ Add enough oil to a heavy large frying pan to reach a depth of 2 inches.
- ☐ Heat the oil over medium heat to 350 degrees F.
- ☐ Working in batches, carefully add the ravioli to the hot oil and cook until they are golden brown, about 45 seconds per side. Using a slotted spoon, transfer the ravioli to a plate lined with paper towels to drain. Then, transfer the cooked ravioli to another baking sheet and keep them warm in the oven while frying the remaining ravioli. (The fried ravioli can be prepared 1 day ahead. Cool them completely, then cover and refrigerate. Before serving, place them on a baking sheet and rewarm in a preheated 375 degrees F oven just until they are heated through, about 7 minutes.)
- ☐ Spray the top side of the mint leaves very lightly with nonstick spray. Working with 1 leaf at a time, dredge the coated side of the leaves in sugar to coat lightly.
- ☐ Arrange 2 fried ravioli on each plate. Dust the ravioli with powdered sugar.
- ☐ Garnish with the sugared mint leaves and serve.

Nutrition Facts



 **PROTEIN 5.22%**  **FAT 40.55%**  **CARBS 54.23%**

Properties

Glycemic Index:12.43, Glycemic Load:14.65, Inflammation Score:-2, Nutrition Score:6.7313043760217%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg

Nutrients (% of daily need)

Calories: 325.99kcal (16.3%), Fat: 14.74g (22.68%), Saturated Fat: 11.29g (70.58%), Carbohydrates: 44.37g (14.79%), Net Carbohydrates: 41.92g (15.24%), Sugar: 32.25g (35.83%), Cholesterol: 21.81mg (7.27%), Sodium: 109.72mg (4.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.53%), Manganese: 0.45mg (22.34%), Vitamin E: 2.15mg (14.31%), Iron: 2.35mg (13.06%), Selenium: 7.34µg (10.49%), Copper: 0.21mg (10.47%), Fiber: 2.45g (9.82%), Vitamin B2: 0.15mg (9.01%), Phosphorus: 81.5mg (8.15%), Vitamin B1: 0.11mg (7.57%), Magnesium: 29.26mg (7.32%), Folate: 23.01µg (5.75%), Vitamin K: 5.88µg (5.6%), Calcium: 55.61mg (5.56%), Potassium: 184.13mg (5.26%), Vitamin B3: 1.01mg (5.06%), Zinc: 0.6mg (3.99%), Vitamin B12: 0.15µg (2.55%), Vitamin A: 117.89IU (2.36%), Vitamin B6: 0.05mg (2.36%), Vitamin B5: 0.23mg (2.29%)