



Corn Star Raviolis in Sweet Basil Cream Sauce

READY IN



65 min.

SERVINGS



8

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces cream cheese
- ☐ 2 ears corn fresh sweet
- ☐ 2 egg yolks beaten
- ☐ 10 basil leaves fresh
- ☐ 1.5 cups heavy cream
- ☐ 1 pinch nutmeg
- ☐ 3 tablespoons parmesan grated
- ☐ 8 servings freshly cracked pepper
- ☐ 3 tablespoons bell pepper red minced

- ☐ 6 ounces ricotta cheese
- ☐ 3 tablespoons onion diced sweet
- ☐ 5 tablespoons butter unsalted
- ☐ 1 package wonton wrappers

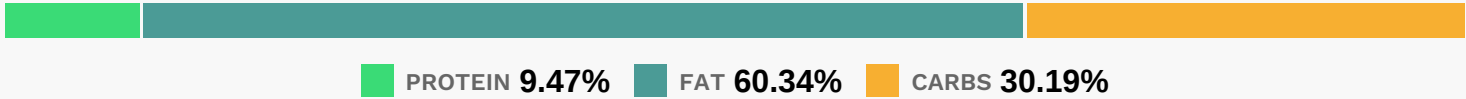
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ cookie cutter

Directions

- ☐ Special equipment: cookie cutter (3-inch)
- ☐ Melt butter in saute pan, add in corn, red bell pepper and onion.
- ☐ Let saute until onion is translucent and corn has released some of it's sugars.
- ☐ Add in 1/2 of the basil leaves and a couple of twists of black pepper.
- ☐ Add in 1/4 cup heavy cream and reduce by half. Set aside to cool.
- ☐ When cool, smash up a bit with a fork, stir in ricotta and cream cheese.
- ☐ Place wonton wrappers down (three at a time works) and in the center of each, place 1 1/2 t filling.
- ☐ Brush exposed wrapper with egg yolk, carefully place a second wrapper on top and carefully seal edges, making sure to get out any air bubbles.
- ☐ Cut with star cutter, work fingers around edges to make sure seal is tight. Set aside on floured baking sheet and continue to assemble.
- ☐ When finished, boil water and gently add raviolis a few at a time, cooking for 2 minutes or until they float. Carefully remove and drain.
- ☐ For Sauce: In clean saute pan, melt remaining 4 tablespoons butter, when melted, add in remaining basil, saute until crisp and butter is just very lightly browning.
- ☐ Add in remaining cream and reduce to thickened. Salt and pepper to taste, serve over raviolis immediately.
- ☐ Garnish with Parmesan.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:0.59, Inflammation Score:-8, Nutrition Score:13.005652199621%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 533.88kcal (26.69%), Fat: 36.17g (55.65%), Saturated Fat: 21.81g (136.32%), Carbohydrates: 40.72g (13.57%), Net Carbohydrates: 39.09g (14.22%), Sugar: 3.99g (4.43%), Cholesterol: 156.49mg (52.16%), Sodium: 455.46mg (19.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.78g (25.55%), Selenium: 25.31µg (36.15%), Vitamin A: 1520.58IU (30.41%), Vitamin B2: 0.44mg (25.68%), Vitamin B1: 0.36mg (23.77%), Manganese: 0.43mg (21.58%), Folate: 73.96µg (18.49%), Phosphorus: 183.1mg (18.31%), Vitamin B3: 3.58mg (17.88%), Calcium: 153.63mg (15.36%), Iron: 2.35mg (13.05%), Vitamin C: 6.54mg (7.92%), Zinc: 1.15mg (7.65%), Vitamin D: 1.14µg (7.6%), Magnesium: 29.65mg (7.41%), Vitamin E: 1.02mg (6.78%), Fiber: 1.63g (6.52%), Potassium: 223.45mg (6.38%), Vitamin B5: 0.63mg (6.26%), Copper: 0.12mg (6.04%), Vitamin B12: 0.33µg (5.45%), Vitamin B6: 0.11mg (5.42%), Vitamin K: 5.27µg (5.02%)