



Crab Ravioli in Ginger Broth



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



88 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoon chives chopped
- ☐ 2 tablespoon cilantro leaves minced
- ☐ 1 cup edamame beans frozen shelled
- ☐ 1 eggs
- ☐ 1 egg white
- ☐ 3 tablespoon ginger fresh minced peeled
- ☐ 2 tablespoon green onion minced
- ☐ 1 teaspoon kosher salt

- ☐ 12 ounce lump crab meat
- ☐ 4 ounce scallops roughly chopped
- ☐ 5 cup vegetable broth
- ☐ 1 bunch water

Equipment

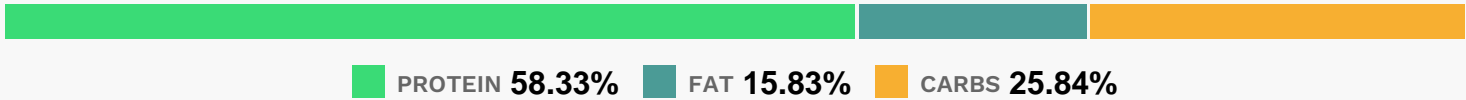
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ mixing bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a food processor, puree the scallops, ¼ teaspoon salt and the egg white until a mousseline paste forms, about 1 minute. Refrigerate if not using immediately. In a medium mixing bowl, place the crab, green onion, cilantro, and 1 tablespoon of the ginger. Gently fold in the scallop mixture. In a small bowl mix the whole egg with the water. Line a baking sheet with parchment. Open the wonton package and peel off 24 wrappers laying them out on the lined baking sheet in 6 rows of
- ☐ Dollop about one rounded tablespoon of filling onto the center of each.
- ☐ Remove 24 more wontons from the package, and working quickly brush each on one side lightly with egg wash. Then lay the wonton, egg wash side down, on top of one of the wrappers with filling. Line them up as well as you can, then close tightly, pressing along the edges to release any trapped air. Continue with remaining wrappers to make 24 ravioli.
- ☐ Pour the vegetable broth into a large saucepan.
- ☐ Add the remaining 2 tablespoons of ginger, bring to a simmer over medium heat. Simmer about 15 minutes. Strain the broth returning it to the clean saucepan and bring it back to a simmer. Bring a large pot of water to a boil, add remaining salt.

- ☐
- Add the carrots strips and blanch about 1 minute.
- ☐
- Remove with a slotted spoon and divide them evenly between 8 serving bowls. Using the same pot of boiling water, add the ravioli and cook until translucent, about 3 minutes. Do not crowd them, work in batches if necessary. Use a slotted spoon to move them to the serving bowls (3 per person) as they finish cooking. Divide the edamame beans evenly between all the bowls, then ladle about ½ cup of the warm broth into each bowl.
- ☐
- Garnish with chives and serve.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:0.94, Inflammation Score:-4, Nutrition Score:9.533043394918%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 87.99kcal (4.4%), Fat: 1.5g (2.31%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 4.65g (1.69%), Sugar: 1.89g (2.1%), Cholesterol: 41.72mg (13.91%), Sodium: 1303.94mg (56.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.88%), Vitamin B12: 4.08µg (67.99%), Selenium: 19.77µg (28.24%), Copper: 0.41mg (20.45%), Zinc: 2.75mg (18.34%), Phosphorus: 153.85mg (15.39%), Vitamin A: 407.53IU (8.15%), Magnesium: 26.81mg (6.7%), Potassium: 230.84mg (6.6%), Folate: 25.81µg (6.45%), Iron: 0.96mg (5.32%), Vitamin K: 5.03µg (4.79%), Vitamin C: 3.85mg (4.67%), Vitamin B6: 0.09mg (4.5%), Calcium: 41.44mg (4.14%), Vitamin B2: 0.07mg (3.83%), Fiber: 0.86g (3.45%), Vitamin B3: 0.61mg (3.05%), Vitamin B5: 0.28mg (2.8%), Manganese: 0.03mg (1.58%), Vitamin B1: 0.02mg (1.58%)