



Crisp Plum Ravioli with Lemon-Thyme Honey and Yogurt Cheese

READY IN



45 min.

SERVINGS



10

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 tablespoons butter
- 0.5 teaspoon thyme leaves fresh chopped
- 0.8 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg
- 0.5 cup honey
- 3 tablespoons honey
- 1 teaspoon lemon rind grated
- 2 pounds plums chopped

- 16 ounce carton vanilla yogurt
- 60 wonton wrappers

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- plastic wrap
- colander
- cheesecloth

Directions

- Place colander in a medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over outside edges. Spoon yogurt into colander. Cover loosely with plastic wrap; refrigerate 12 hours. Spoon yogurt cheese into a bowl; discard liquid. Cover and refrigerate.
- Combine the plums, 3 tablespoons honey, cinnamon, and nutmeg in a large saucepan; bring to a boil over medium-high heat. Reduce heat, and simmer 45 minutes, stirring occasionally.
- Remove from heat. Cool 5 minutes; stir in butter. Cool completely.
- Preheat oven to 40
- Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to prevent drying), spoon about 1 tablespoon plum mixture into center of wrapper. Moisten edges of dough with water, and top with another wrapper. Press 4 edges together to seal.
- Place ravioli on a large baking sheet coated with cooking spray (cover ravioli with a damp towel to prevent drying). Repeat procedure with remaining wrappers and plum mixture.
- Bake at 400 14 minutes or until golden.
- Combine 1/2 cup honey, rind, and thyme in a small saucepan over low heat. Cook 20 minutes (do not boil).
- Place 3 raviolis on each of 3 plates.

Drizzle 2 teaspoons honey mixture over each serving; top with about 1 tablespoon yogurt cheese.

Nutrition Facts

PROTEIN 9.64% **FAT 9.43%** **CARBS 80.93%**

Properties

Glycemic Index:31.32, Glycemic Load:13.51, Inflammation Score:-5, Nutrition Score:9.1369565362516%

Flavonoids

Cyanidin: 5.11mg, Cyanidin: 5.11mg, Cyanidin: 5.11mg, Cyanidin: 5.11mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg Epicatechin 3-gallate: 0.69mg, Epicatechin 3-gallate: 0.69mg, Epicatechin 3-gallate: 0.69mg, Epicatechin 3-gallate: 0.69mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 297.67kcal (14.88%), Fat: 3.21g (4.94%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 62.01g (20.67%), Net Carbohydrates: 59.76g (21.73%), Sugar: 34.37g (38.19%), Cholesterol: 10.83mg (3.61%), Sodium: 301.81mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.77%), Selenium: 15.13µg (21.61%), Manganese: 0.38mg (19.17%), Vitamin B1: 0.28mg (18.56%), Vitamin B2: 0.3mg (17.36%), Vitamin B3: 2.9mg (14.51%), Folate: 48.85µg (12.21%), Vitamin C: 9.52mg (11.54%), Phosphorus: 113.91mg (11.39%), Calcium: 108.28mg (10.83%), Iron: 1.83mg (10.16%), Fiber: 2.25g (8.99%), Potassium: 292.92mg (8.37%), Vitamin A: 396.58IU (7.93%), Copper: 0.13mg (6.68%), Magnesium: 23.44mg (5.86%), Vitamin K: 6.05µg (5.76%), Zinc: 0.85mg (5.64%), Vitamin B12: 0.25µg (4.22%), Vitamin B5: 0.4mg (4.04%), Vitamin B6: 0.07mg (3.34%), Vitamin E: 0.3mg (1.98%)