



Easy Butternut Squash Ravioli

READY IN



40 min.

SERVINGS



6

CALORIES



363 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 1 cup butternut squash cooked mashed
- 1 pinch cayenne pepper
- 1 egg yolk
- 6 servings sage fresh chopped to taste
- 1 clove garlic unpeeled
- 0.5 cup mascarpone cheese
- 1 tablespoon parmesan cheese grated to taste

- 0.5 teaspoon salt
- 16 ounce round wonton wrappers

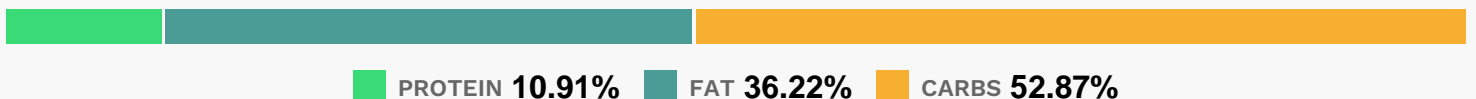
Equipment

- frying pan
- sauce pan
- mixing bowl

Directions

- Place cooked squash into a mixing bowl.
- Add salt, black pepper, and cayenne pepper. Stir in mascarpone cheese, egg yolk, and 1/3 cup Parmesan cheese, mixing until the filling is smoothly combined.
- Place a wonton wrapper onto a working surface. Wet the tip of a finger in water, and run it all along the outer edge of the wonton skin to moisten.
- Place about 1 teaspoon of filling in the center of the wonton. Fold the wonton in half to make a half-moon shape, and press the edges to seal. Repeat with the remaining wonton wrappers.
- Place a deep skillet over medium-low heat. Stir in butter and unpeeled clove of garlic. Meanwhile, bring a saucepan of lightly salted water to a boil.
- Drop the filled raviolis into the boiling water, a few at a time, and cook until they float to the top, about 2 minutes.
- Drain the raviolis, and transfer them to the skillet. Turn the heat under the skillet up to medium-high, and cook just until the raviolis are infused with garlic flavor, about 2 or 3 more minutes.
- Sprinkle with chopped sage, more black pepper, and extra Parmesan cheese to taste.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.07, Inflammation Score:-9, Nutrition Score:12.864347810331%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 362.77kcal (18.14%), Fat: 14.42g (22.19%), Saturated Fat: 8.27g (51.7%), Carbohydrates: 47.38g (15.79%), Net Carbohydrates: 45.49g (16.54%), Sugar: 0.54g (0.6%), Cholesterol: 68.71mg (22.9%), Sodium: 683.62mg (29.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Vitamin A: 2928.4IU (58.57%), Selenium: 23.53µg (33.62%), Manganese: 0.57mg (28.31%), Vitamin B1: 0.42mg (28.19%), Vitamin B3: 4.39mg (21.95%), Folate: 75.95µg (18.99%), Vitamin B2: 0.31mg (18.34%), Iron: 2.82mg (15.68%), Copper: 0.26mg (12.87%), Phosphorus: 88.13mg (8.81%), Calcium: 87.39mg (8.74%), Fiber: 1.89g (7.55%), Vitamin C: 5.07mg (6.14%), Magnesium: 24.1mg (6.02%), Zinc: 0.69mg (4.6%), Potassium: 154.82mg (4.42%), Vitamin B6: 0.08mg (3.85%), Vitamin E: 0.53mg (3.55%), Vitamin B5: 0.22mg (2.15%), Vitamin B12: 0.09µg (1.55%), Vitamin D: 0.17µg (1.11%)