



Fried Plum Ravioli with Mint Cream

READY IN



4500 min.

SERVINGS



4

CALORIES



911 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup plums black red finely chopped
- ☐ 10 mint leaves fresh (preferably spearmint)
- ☐ 0.5 cup cup heavy whipping cream chilled
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.7 cup plum preserves at room temperature quick
- ☐ 6 cups vegetable oil
- ☐ 12 wonton wrappers frozen thawed

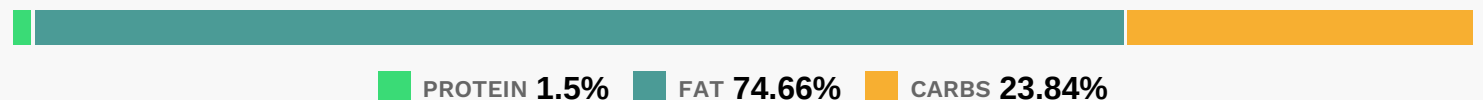
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ kitchen towels
- ☐ mortar and pestle
- ☐ slotted spoon

Directions

- ☐ Drain preserves in a coarse sieve set over a bowl, pressing lightly on solids, and reserve syrup.
- ☐ Transfer drained preserves to a bowl and stir in chopped plums.
- ☐ Put 1 wonton wrapper on a lightly floured surface, keeping remaining wrappers covered with plastic wrap, and put a rounded teaspoon of plum mixture in center. Lightly dampen edges of wrapper with a fingertip dipped in water and fold wrapper in half to form a triangle, pressing down around filling to force out air and pressing edges together firmly to seal.
- ☐ Transfer to a dry kitchen towel and make 11 more ravioli in same manner.
- ☐ Heat 2 inches oil in a 4-quart heavy pot until it registers 375°F on deep-fat thermometer. Fry ravioli in 4 batches, turning them, until golden, about 1 1/2 minutes.
- ☐ Transfer as fried with a slotted spoon to paper towels to drain.
- ☐ Crush mint leaves in lemon juice using mortar and pestle, then transfer to a bowl.
- ☐ Whisk in cream and confectioners sugar and whisk until soft peaks form.
- ☐ Dust ravioli with confectioners sugar, drizzle plum syrup around them, and dollop mint cream on the side.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:21.66, Inflammation Score:-7, Nutrition Score:11.353913006575%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg, Epicatechin 3-gallate: 0.1mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 910.92kcal (45.55%), Fat: 76.58g (117.82%), Saturated Fat: 16.89g (105.57%), Carbohydrates: 55.03g (18.34%), Net Carbohydrates: 53.6g (19.49%), Sugar: 29.78g (33.09%), Cholesterol: 35.64mg (11.88%), Sodium: 155.67mg (6.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin K: 122.1µg (116.29%), Vitamin E: 5.73mg (38.21%), Selenium: 8.37µg (11.96%), Vitamin A: 594.26IU (11.89%), Vitamin B2: 0.19mg (11.45%), Manganese: 0.2mg (10.17%), Vitamin C: 8.23mg (9.98%), Vitamin B1: 0.14mg (9.22%), Folate: 30.81µg (7.7%), Iron: 1.23mg (6.83%), Vitamin B3: 1.36mg (6.81%), Fiber: 1.43g (5.71%), Copper: 0.11mg (5.47%), Phosphorus: 50.47mg (5.05%), Calcium: 48.59mg (4.86%), Potassium: 128.73mg (3.68%), Vitamin D: 0.48µg (3.17%), Magnesium: 11.96mg (2.99%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.04mg (1.84%), Vitamin B5: 0.12mg (1.23%)