



Fried Sweet Cheese Ravioli with Honey

READY IN



45 min.

SERVINGS



24

CALORIES



198 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups bread flour
- 4 large eggs beaten to blend
- 24 servings honey (preferably chestnut)
- 4 teaspoons lemon zest grated
- 24 servings olive oil for frying
- 15 ounce part-skim ricotta
- 1 cup pecorino cheese grated
- 0.5 teaspoon salt
- 4 cups whole-milk mozzarella grated

- 0.3 cup butter unsalted cut into 1/2-inch pieces, room temperature ()
- 0.5 cup water room-temperature ()

Equipment

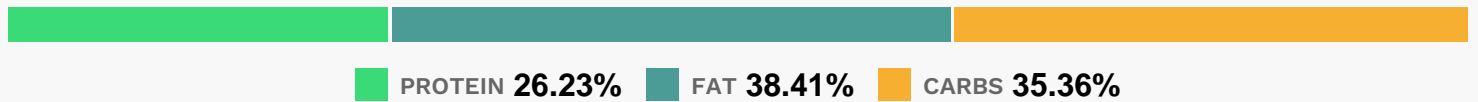
- bowl
- baking sheet
- paper towels
- oven
- knife
- pot
- cookie cutter

Directions

- Mix all cheeses and lemon peel in large bowl; set cheese mixture aside.
- Lightly flour 2 baking sheets.
- Mix bread flour and salt in another large bowl; mix in beaten eggs. Using fingertips, rub in butter a few pieces at a time until well blended.
- Add 1/2 cup water; stir to blend, adding more water by tablespoonfuls if dough is dry. Knead in bowl until dough comes together. Turn dough out onto floured surface; knead until smooth and elastic, about 10 minutes.
- Divide dough into 4 pieces.
- Roll out 1 dough piece on lightly floured surface to scant 1/8-inch thickness. Using 3 1/2-inch-diameter cookie cutter or biscuit cutter and using sharp knife as aid, cut out rounds. Repeat with remaining dough pieces.
- Transfer half of dough rounds to prepared baking sheets.
- Place 2 level tablespoons cheese mixture in center of each dough round on baking sheets.
- Brush edges of dough rounds lightly with water. Cover with remaining dough rounds, pressing firmly on edges to adhere and seal.
- Preheat oven to 300°F.
- Pour enough oil into heavy large pot to reach depth of 2 inches.

- Heat oil to 350°F.
- Add 3 to 4 ravioli at a time to hot oil in pot and deep-fry until golden, turning once, about 4 minutes.
- Transfer to paper towels to drain.
- Place ravioli on baking sheets and keep warm in oven while frying remaining ravioli. (Can be prepared 1 day ahead. Cool; cover and refrigerate.
- Place on baking sheets and rewarm in 350°F oven until heated through and cheese melts, about 10 minutes.)
- Place ravioli on platter.
- Drizzle with honey and serve hot.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:10.07, Inflammation Score:-3, Nutrition Score:6.6721740079963%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 198.08kcal (9.9%), Fat: 8.39g (12.91%), Saturated Fat: 3.5g (21.88%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 16.51g (6%), Sugar: 0.47g (0.53%), Cholesterol: 49.3mg (16.43%), Sodium: 273.38mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.9g (25.8%), Calcium: 282.72mg (28.27%), Selenium: 17.98µg (25.68%), Phosphorus: 225.33mg (22.53%), Vitamin B2: 0.16mg (9.21%), Zinc: 1.38mg (9.18%), Manganese: 0.17mg (8.68%), Vitamin B12: 0.35µg (5.83%), Vitamin A: 280.85IU (5.62%), Vitamin E: 0.68mg (4.52%), Magnesium: 17.24mg (4.31%), Folate: 15.96µg (3.99%), Fiber: 0.87g (3.5%), Copper: 0.06mg (3.16%), Iron: 0.53mg (2.95%), Vitamin B5: 0.29mg (2.88%), Vitamin B6: 0.05mg (2.41%), Potassium: 84.01mg (2.4%), Vitamin K: 2.46µg (2.34%), Vitamin B1: 0.03mg (2.05%), Vitamin D: 0.24µg (1.6%), Vitamin B3: 0.27mg (1.34%), Vitamin C: 0.83mg (1.01%)