



Goat Cheese Ravioli with Bell Peppers and Brown Butter

READY IN



45 min.

SERVINGS



6

CALORIES



498 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tablespoons butter ()
- ☐ 6 servings cornmeal for sprinkling
- ☐ 6 servings chives fresh chopped
- ☐ 2 tablespoons herbs fresh assorted chopped (such as basil, chives, mint, and tarragon)
- ☐ 8 ounces goat cheese fresh soft
- ☐ 1 small bell pepper green
- ☐ 0.3 cup mascarpone cheese
- ☐ 2 tablespoons olive oil

- ☐ 6 servings niçoise olives pitted thinly sliced
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup parmesan cheese plus additional grated for sprinkling
- ☐ 6 servings pinenuts toasted
- ☐ 2 small bell peppers red
- ☐ 2 teaspoons red wine vinegar
- ☐ 0.5 cup tomatoes diced seeded
- ☐ 18 wonton wrappers
- ☐ 2 small bell peppers yellow

Equipment

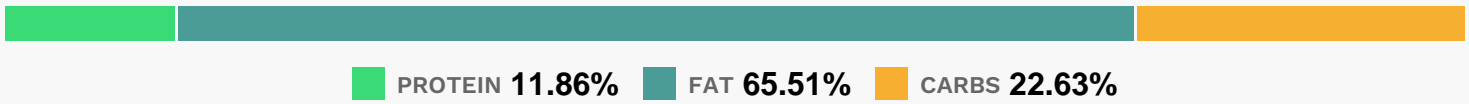
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Char all peppers over gas flame or in broiler until blackened on all sides.
- ☐ Place in paper bag; seal and let stand at room temperature 15 minutes. Peel and seed peppers; chop.
- ☐ Heat oil in large skillet over medium heat.
- ☐ Add onion and tomatoes and cook until onion begins to brown, about 4 minutes. Reduce heat to low; cook until vegetables are very soft and onion is brown, stirring often, about 15 minutes.
- ☐ Add chopped peppers and vinegar. Season with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cover; chill.
- ☐ Lightly sprinkle rimmed baking sheet with cornmeal.
- ☐ Mix 8 ounces goat cheese, 1/3 cup Parmesan cheese, and next 2 ingredients in medium bowl. Arrange 6 wonton wrappers on work surface.

- ☐ Place 1 tablespoon cheese filling in center of each wrapper. Using fingertip, dampen edges of wrappers with water. Fold all 4 corners up to meet in center, forming pyramid shape; seal all 4 edges tightly. Pinch top to seal.
- ☐ Place on prepared baking sheet. Repeat with remaining wrappers and filling. DO AHEAD: Can be made 8 hours ahead. Cover and chill.
- ☐ Cook butter in large skillet over medium heat until beginning to brown, stirring occasionally, about 4 minutes.
- ☐ Cook ravioli in pot of gently boiling salted water until tender, about 4 minutes.
- ☐ Transfer ravioli to skillet with browned butter. Toss over medium heat.
- ☐ Meanwhile, rewarm bell pepper mixture; divide among 6 plates. Using slotted spoon, top peppers on each plate with 3 ravioli.
- ☐ Drizzle with any remaining browned butter.
- ☐ Sprinkle with Parmesan, toasted pine nuts, olives, and chives.
- ☐ *Brine-cured black olives; available at some supermarkets and at specialty foods stores and Italian markets.

Nutrition Facts



Properties

Glycemic Index:50.42, Glycemic Load:5.12, Inflammation Score:-9, Nutrition Score:21.852608825849%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 497.92kcal (24.9%), Fat: 37.01g (56.93%), Saturated Fat: 15.54g (97.11%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 24.99g (9.09%), Sugar: 3.22g (3.58%), Cholesterol: 53.69mg (17.9%), Sodium: 746.8mg (32.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.07g (30.14%), Vitamin C: 91.88mg (111.37%), Manganese: 1.24mg (61.99%), Vitamin A: 2014.49IU (40.29%), Vitamin K: 37.08µg (35.31%), Copper: 0.55mg (27.36%), Phosphorus: 256.39mg (25.64%), Vitamin E: 3.23mg (21.56%), Vitamin B2: 0.32mg (19.03%), Vitamin B6:

0.35mg (17.5%), Vitamin B1: 0.26mg (17.05%), Iron: 2.91mg (16.15%), Magnesium: 61.68mg (15.42%), Calcium: 153.46mg (15.35%), Fiber: 3.77g (15.08%), Selenium: 10.47µg (14.95%), Folate: 58.37µg (14.59%), Vitamin B3: 2.76mg (13.79%), Zinc: 1.9mg (12.69%), Potassium: 326.9mg (9.34%), Vitamin B5: 0.55mg (5.54%), Vitamin B12: 0.17µg (2.79%), Vitamin D: 0.18µg (1.19%)