



Green Pea Ravioli in Lemon Broth

READY IN



45 min.

SERVINGS



6

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup peas thawed
- 3 tablespoons breadcrumbs fresh fine
- 1 qt chicken broth
- 1 garlic clove smashed
- 1 teaspoon lemon zest freshly grated
- 1.5 teaspoons olive oil
- 3 tablespoons parmesan freshly grated
- 6 servings peas fresh cooked
- 1 small shallots finely chopped

- 18 wonton wrappers

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- pot
- plastic wrap
- kitchen towels

Directions

- Force peas through the fine disk of a food mill into a bowl to remove skins.
- Cook shallot in oil in a small skillet over moderately low heat, stirring occasionally, until softened.
- Remove from heat and stir into pea purée with cheese and crumbs. Season filling with salt and pepper.
- Put 1 wonton wrapper on a lightly floured surface, keeping remaining wrappers covered with plastic wrap, and mound a level teaspoon of filling in center. Lightly dampen edges of wrapper with a fingertip dipped in water and fold over to form a triangle, pressing down around filling to force air out and pressing edges together firmly to seal. Moisten 1 end of long side of triangle and fold opposite end over, creating a little hat shape, then pinch ends together to seal.
- Transfer to a dry kitchen towel and make 17 more ravioli in same manner.
- Combine broth, garlic, zest, and salt and pepper to taste in a saucepan and bring to a simmer. Cook ravioli in a large pot of boiling salted water until al dente, 2 to 3 minutes, then drain.
- Divide ravioli among soup plates (3 each) and ladle broth over them, discarding garlic.
- Ravioli may be made, but not cooked, 1 day ahead and chilled, covered, in a pan lined with a dry kitchen towel.

Nutrition Facts



■ PROTEIN 20.69% ■ FAT 13.63% ■ CARBS 65.68%

Properties

Glycemic Index:29.28, Glycemic Load:3.97, Inflammation Score:-7, Nutrition Score:15.247826097452%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg 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: 195.53kcal (9.78%), Fat: 2.97g (4.58%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 25.92g (9.43%), Sugar: 6.84g (7.6%), Cholesterol: 6.88mg (2.29%), Sodium: 795.97mg (34.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.16g (20.31%), Vitamin C: 39.59mg (47.98%), Manganese: 0.68mg (33.97%), Vitamin B1: 0.46mg (30.67%), Fiber: 6.32g (25.28%), Vitamin K: 24.99µg (23.8%), Folate: 89.18µg (22.3%), Vitamin B2: 0.34mg (19.75%), Vitamin B3: 3.94mg (19.69%), Phosphorus: 157.84mg (15.78%), Vitamin A: 765.71IU (15.31%), Selenium: 10.66µg (15.23%), Iron: 2.62mg (14.53%), Copper: 0.25mg (12.29%), Zinc: 1.63mg (10.89%), Magnesium: 42.28mg (10.57%), Vitamin B6: 0.2mg (9.98%), Potassium: 311.27mg (8.89%), Calcium: 82.7mg (8.27%), Vitamin E: 0.35mg (2.3%), Vitamin B5: 0.18mg (1.75%), Vitamin B12: 0.08µg (1.39%)