



Lobster Ravioli with Corn-Chive Cream

READY IN



35 min.

SERVINGS



2

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.7 cup regular corn cream-style canned
- 3 tablespoons chives fresh chopped
- 0.3 cup half-and-half
- 3 ounces lobster tail meat cooked finely chopped (2 small tails)
- 3 tablespoons milk 1% low-fat
- 0.3 cup shallots minced
- 1 tablespoon butter unsalted
- 10 wonton wrappers

Equipment

- bowl
- frying pan
- sauce pan
- blender
- slotted spoon

Directions

- Melt butter in a small saucepan over medium heat.
- Add shallots, and saut 2 minutes or until tender.
- Combine half of shallots and lobster meat in a bowl. Reserve remaining shallots in pan; set aside.
- Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to keep them from drying), spoon about 2 teaspoons lobster mixture into center of each wrapper. Moisten edges of wrapper with water; bring 2 opposite corners together. Press edges together with a fork to seal, forming a triangle.
- Fill a large saucepan with water, and bring to a simmer; add ravioli. Cook 2 to 3 minutes or until done.
- Remove ravioli with a slotted spoon. Keep warm.
- Combine corn and milk in a blender; blend until smooth.
- Add corn mixture to shallots in small saucepan; stir in half-and-half and pepper. Cook over medium heat until thoroughly heated; add chives.
- Divide ravioli evenly between 2 shallow bowls. Spoon sauce over ravioli; serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:1.26, Inflammation Score:-6, Nutrition Score:12.140434565751%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 302.18kcal (15.11%), Fat: 10.45g (16.07%), Saturated Fat: 6.04g (37.74%), Carbohydrates: 44.87g (14.96%), Net Carbohydrates: 42.09g (15.3%), Sugar: 7.54g (8.37%), Cholesterol: 45.26mg (15.09%), Sodium: 519.29mg (22.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.59%), Selenium: 20.4µg (29.14%), Folate: 86.5µg (21.63%), Manganese: 0.42mg (21.21%), Vitamin B1: 0.26mg (17.41%), Vitamin B2: 0.29mg (17.21%), Phosphorus: 167.21mg (16.72%), Vitamin B3: 3.19mg (15.97%), Copper: 0.3mg (14.95%), Vitamin A: 592.74IU (11.85%), Iron: 2.07mg (11.5%), Fiber: 2.79g (11.16%), Calcium: 108.22mg (10.82%), Vitamin B6: 0.21mg (10.74%), Vitamin C: 8.75mg (10.61%), Vitamin K: 10.93µg (10.41%), Potassium: 360.05mg (10.29%), Magnesium: 40.71mg (10.18%), Zinc: 1.5mg (10.03%), Vitamin B5: 0.61mg (6.14%), Vitamin B12: 0.36µg (6.05%), Vitamin E: 0.43mg (2.86%), Vitamin D: 0.35µg (2.35%)