

Mushroom and Spinach Ravioli with Chive Butter Sauce

READY IN



140 min.

SERVINGS



6

CALORIES



368 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 4 ounces cream cheese softened
- ☐ 1 egg white beaten
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons chives fresh chopped
- ☐ 8 ounce mushrooms fresh coarsely chopped
- ☐ 1 tablespoon parsley fresh chopped

- ☐ 0.5 cup pkt spinach frozen thawed drained chopped
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground pepper
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.5 cup mozzarella cheese
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons water

Equipment

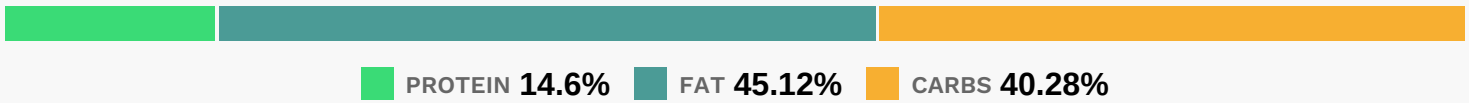
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ cookie cutter

Directions

- ☐ Whisk together 1 teaspoon olive oil, water, and whole eggs in a bowl until evenly blended; set aside.
- ☐ Combine flour and salt in a separate large bowl, and make a well in the center.
- ☐ Pour the egg mixture into the well and stir just until combined. Turn dough out onto a lightly floured surface and knead until smooth, 5 to 10 minutes, adding more flour or water as needed. Wrap dough tightly with plastic wrap, and set aside to rest.
- ☐ Heat 1 teaspoon olive oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion begins to soften, about 2 minutes.

- ☐ Add the mushrooms, and continue cooking and stirring until the vegetables are soft and the liquid has evaporated, about 10 minutes.
- ☐ Remove from heat, and allow to cool.
- ☐ Beat cream cheese in a bowl until smooth. Stir in the cooled mushroom mixture, Parmesan cheese, mozzarella cheese, spinach, 1 tablespoon chives, parsley, and cayenne pepper. Season with salt and pepper.
- ☐ Roll the pasta dough out to about 1/16 inch thick.
- ☐ Cut 3 to 4-inch circles using a large cookie cutter.
- ☐ Roll each circle out as thin as possible. Working with one circle at a time, brush the pasta lightly with the egg white. Scoop about 1 heaping tablespoon full of the mushroom filling onto the center of the pasta, then cover with a second piece of pasta, pinching the edges to seal.
- ☐ Cut the sealed ravioli with the cookie cutter once more to create a uniform shape.
- ☐ Place the finished ravioli on a floured baking sheet, and repeat the process with the remaining pasta and filling.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the ravioli and return to a boil. Cook until the pasta floats to the top, 3 to 4 minutes; drain.
- ☐ To make sauce: Melt butter in a skillet over high heat, cooking and stirring until browned, 5 to 7 minutes. Stir in 1 1/2 teaspoons chives.
- ☐ Serve over hot ravioli.

Nutrition Facts



Properties

Glycemic Index:68.17, Glycemic Load:23.97, Inflammation Score:-9, Nutrition Score:18.215217268985%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 368.12kcal (18.41%), Fat: 18.56g (28.55%), Saturated Fat: 10.16g (63.49%), Carbohydrates: 37.28g (12.43%), Net Carbohydrates: 35.06g (12.75%), Sugar: 2.45g (2.72%), Cholesterol: 100.91mg (33.64%), Sodium: 399.73mg (17.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.02%), Vitamin K: 61.95µg (59%), Vitamin A: 2280.73IU (45.61%), Selenium: 29.31µg (41.87%), Vitamin B2: 0.57mg (33.77%), Folate: 115.53µg (28.88%), Vitamin B1: 0.39mg (26.24%), Manganese: 0.45mg (22.58%), Phosphorus: 209.64mg (20.96%), Vitamin B3: 3.99mg (19.93%), Iron: 2.83mg (15.7%), Calcium: 154.96mg (15.5%), Vitamin B5: 1.17mg (11.66%), Copper: 0.23mg (11.4%), Zinc: 1.41mg (9.39%), Potassium: 312.72mg (8.93%), Fiber: 2.22g (8.86%), Vitamin B12: 0.49µg (8.19%), Magnesium: 32.64mg (8.16%), Vitamin B6: 0.15mg (7.57%), Vitamin E: 1.09mg (7.24%), Vitamin C: 3.81mg (4.62%), Vitamin D: 0.43µg (2.89%)