



Mushroom Ravioli with Roasted-Tomato Sauce and Shaved Parmesan Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 cup chanterelle mushroom caps sliced
- 2 teaspoons cornstarch
- 2 tablespoons basil fresh chopped
- 3 tablespoons chives fresh chopped
- 4 garlic cloves chopped
- 2 tablespoons leek chopped
- 1 tablespoon olive oil

- 1 cup onion chopped
- 2 ounces parmesan cheese fresh shaved
- 0.3 teaspoon salt
- 2 tablespoons shallots chopped
- 1 cup shiitake mushroom caps sliced
- 1 cup sacramento tomato juice
- 4 tomatoes cored cut in half lengthwise (1 3/4 pounds)
- 6 cups water
- 0.8 cup white wine
- 16 won ton wrappers

Equipment

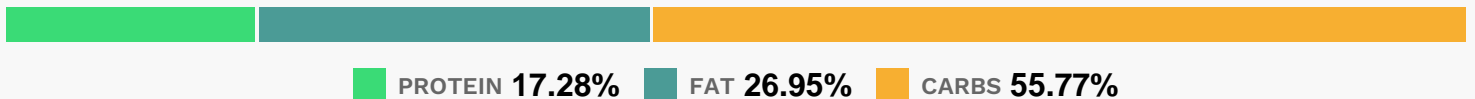
- food processor
- frying pan
- baking sheet
- sauce pan
- blender
- aluminum foil
- broiler
- slotted spoon

Directions

- To prepare ravioli, heat 1 tablespoon oil in a skillet over medium-high heat.
- Add mushrooms, leek, and shallot; cook 3 minutes. Stir in wine and chives. Reduce heat; simmer 7 minutes or until liquid is evaporated.
- Sprinkle with salt and pepper.
- Working with 1 won ton wrapper at a time (cover remaining wrappers with a damp towel to keep them from drying), spoon about 2 teaspoons mushroom 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.

- Place ravioli on a large baking sheet sprinkled with cornstarch. Bring 6 cups water to a simmer in a large saucepan; add half of ravioli (cover remaining ravioli with a damp towel to keep them from drying). Cook 5 minutes or until done (do not boil).
- Remove ravioli with a slotted spoon. Keep warm. Repeat procedure with remaining ravioli.
- Preheat broiler.
- To prepare sauce, place tomato halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 3 minutes or until blackened; peel.
- Heat 1 tablespoon oil in a saucepan over medium heat.
- Add onion and garlic; saut 2 minutes. Stir in tomatoes, tomato juice, and basil; bring to a simmer.
- Place tomato mixture in a blender or food processor, and process 1 minute or until smooth. Spoon over ravioli; top with cheese.
- Garnish with chive sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:102.33, Glycemic Load:4.71, Inflammation Score:-9, Nutrition Score:20.625652178474%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg

Nutrients (% of daily need)

Calories: 301.12kcal (15.06%), Fat: 8.35g (12.84%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 38.86g (12.95%), Net Carbohydrates: 33.52g (12.19%), Sugar: 9.9g (11%), Cholesterol: 12.34mg (4.11%), Sodium: 587.02mg (25.52%), Alcohol: 4.64g (100%), Alcohol %: 0.77% (100%), Protein: 12.04g (24.07%), Vitamin C: 34.64mg (41.99%), Manganese: 0.79mg (39.34%), Vitamin A: 1688.76IU (33.78%), Vitamin B3: 5.73mg (28.64%), Phosphorus: 266.17mg (26.62%), Vitamin B6: 0.51mg (25.32%), Vitamin K: 26.52µg (25.25%), Potassium: 852.09mg (24.35%), Calcium:

243.54mg (24.35%), Selenium: 16.21µg (23.16%), Vitamin B2: 0.38mg (22.47%), Fiber: 5.33g (21.33%), Folate: 82.64µg (20.66%), Copper: 0.39mg (19.61%), Vitamin B1: 0.28mg (18.81%), Iron: 2.99mg (16.64%), Magnesium: 63.26mg (15.81%), Vitamin B5: 1.45mg (14.49%), Zinc: 1.83mg (12.17%), Vitamin E: 1.49mg (9.92%), Vitamin D: 1.01µg (6.75%), Vitamin B12: 0.18µg (2.93%)