



Parsley Ravioli with Brown Butter Sauce

READY IN



60 min.

SERVINGS



4

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 tablespoons butter
- ☐ 1 large eggs
- ☐ 1 cup flat-leaf parsley finely chopped
- ☐ 0.5 tsp kosher salt
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup ricotta cheese
- ☐ 9 oz round won ton wrappers

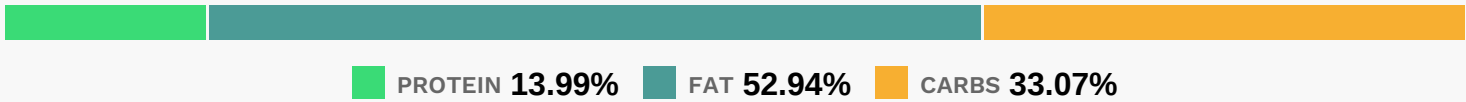
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Combine cheeses, chopped parsley, egg, 1/2 tsp. salt, and pepper in a medium bowl. Bring a large pot of salted water to a boil.
- ☐ Lay 8 wrappers on a flat surface and spoon 1 tbsp. cheese mixture onto center of each. Working with 1 wrapper at a time, moisten edge with water and top with another wrapper, pressing to seal tightly.
- ☐ Transfer ravioli to a greased baking sheet, cover, and repeat to make more ravioli. Preheat oven to 25
- ☐ Cook 4 or 5 ravioli at a time in boiling water until dough is tender, 3 minutes.
- ☐ Transfer to greased baking sheet in a single layer, cover with foil, and keep warm in oven.
- ☐ Meanwhile, make sauce: Melt butter in a large frying pan over medium-high heat. Cook, swirling, until light golden, 3 minutes.
- ☐ Remove from heat; stir in lemon juice and parsley leaves.
- ☐ Layer ravioli and sauce on a platter.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.68, Inflammation Score:-9, Nutrition Score:20.239565258441%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 494.52kcal (24.73%), Fat: 29.1g (44.77%), Saturated Fat: 17.49g (109.29%), Carbohydrates: 40.9g (13.63%), Net Carbohydrates: 39.21g (14.26%), Sugar: 0.42g (0.47%), Cholesterol: 134.45mg (44.82%), Sodium: 978.23mg (42.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.3g (34.61%), Vitamin K: 248.5µg (236.67%), Selenium: 33.24µg (47.48%), Vitamin A: 2195.62IU (43.91%), Vitamin B2: 0.46mg (27.24%), Vitamin C: 20.92mg (25.35%), Calcium: 247.19mg (24.72%), Vitamin B1: 0.36mg (24.03%), Folate: 92.5µg (23.12%), Manganese: 0.46mg (23.02%), Phosphorus: 228.14mg (22.81%), Iron: 3.58mg (19.87%), Vitamin B3: 3.75mg (18.74%), Zinc: 1.79mg (11.91%), Magnesium: 31.56mg (7.89%), Vitamin B12: 0.45µg (7.58%), Copper: 0.14mg (7.15%), Potassium: 238.59mg (6.82%), Fiber: 1.68g (6.73%), Vitamin E: 0.84mg (5.57%), Vitamin B5: 0.45mg (4.48%), Vitamin B6: 0.09mg (4.39%), Vitamin D: 0.41µg (2.7%)