



Pea and Parmesan Wonton Ravioli

READY IN



45 min.

SERVINGS



4

CALORIES



603 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons mint leaves chopped
- ☐ 0.3 cup parmesan grated for serving
- ☐ 0.8 pound peas frozen
- ☐ 0.8 stick butter unsalted melted
- ☐ 64 wonton wrappers

Equipment

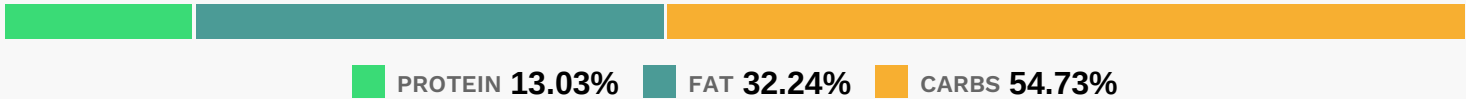
- ☐ food processor
- ☐ pot

☐ slotted spoon

Directions

- ☐ Cook peas in boiling salted water until just tender, 3 to 4 minutes.
- ☐ Drain and cool, then purée in a food processor. Stir in cheese, mint, and 1/2 teaspoon each of salt and pepper.
- ☐ Put a rounded teaspoon filling in center of a wrapper. Lightly brush edge of wrapper with water, then place a second wrapper on top and seal, pressing out any trapped air. Repeat with remaining wrappers and filling, keeping ravioli covered as you work.
- ☐ Boil ravioli in 2 batches in a pasta pot of salted boiling water until tender, 2 to 3 minutes per batch, removing with a slotted spoon.
- ☐ Drizzle with butter and sprinkle with cheese and pepper.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:3.35, Inflammation Score:-8, Nutrition Score:23.784347565278%

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 Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 602.71kcal (30.14%), Fat: 21.48g (33.04%), Saturated Fat: 12.63g (78.92%), Carbohydrates: 82.02g (27.34%), Net Carbohydrates: 75g (27.27%), Sugar: 4.9g (5.45%), Cholesterol: 62.02mg (20.67%), Sodium: 826.5mg (35.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.53g (39.06%), Vitamin B1: 0.85mg (56.89%), Manganese: 1.12mg (55.87%), Selenium: 37.46µg (53.51%), Vitamin B3: 8.32mg (41.59%), Vitamin C: 34.04mg (41.25%), Folate: 159.76µg (39.94%), Vitamin B2: 0.6mg (35.35%), Iron: 5.36mg (29.76%), Fiber: 7.01g (28.05%), Vitamin A: 1264.IIU (25.28%), Phosphorus: 252.01mg (25.2%), Vitamin K: 22.72µg (21.64%), Calcium: 181.54mg (18.15%), Copper: 0.33mg (16.62%), Zinc: 2.16mg (14.37%), Magnesium: 56.2mg (14.05%), Vitamin B6: 0.19mg (9.4%), Potassium: 318.95mg (9.11%), Vitamin E: 0.62mg (4.14%), Vitamin B12: 0.16µg (2.67%), Vitamin D: 0.36µg (2.4%), Vitamin B5: 0.18mg (1.8%)