



Pear and Pecorino Ravioli with Sage Butter Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



708 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 pears grated ripe peeled
- ☐ 8 oz pecorino cheese grated
- ☐ 0.3 cup mascarpone cheese softened
- ☐ 1 egg yolk
- ☐ 24 wonton wrappers
- ☐ 1 serving salt
- ☐ 0.5 cup butter
- ☐ 6 sage

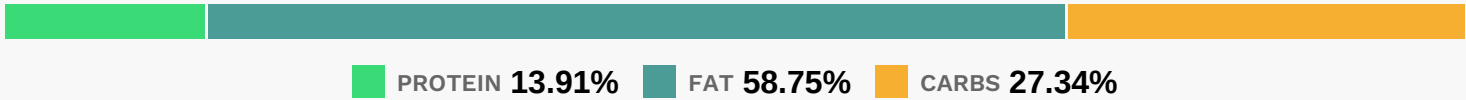
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Place pears in large bowl. If too much liquid, drain through fine strainer.
- ☐ Mix in pecorino, mascarpone and egg yolk.
- ☐ Place 1 wonton wrapper on work surface.
- ☐ Place 1 to 1 1/2 teaspoons mixture in middle of wrapper.
- ☐ Brush edges with water, and fold wrapper over. Press firmly to seal.
- ☐ Fill 4-quart saucepan two-thirds full of water.
- ☐ Add salt; heat to boiling. Gently slide in 5 ravioli. Cook 3 to 4 minutes or until done. Repeat until all of the ravioli is cooked.
- ☐ In 8- to 10-inch skillet, heat butter and sage over medium-high heat until butter is golden brown, reducing heat if needed to keep butter from burning.
- ☐ Remove sage; pour butter over ravioli.
- ☐ Sprinkle with extra cheese as desired.

Nutrition Facts



Properties

Glycemic Index:28.44, Glycemic Load:6.5, Inflammation Score:-7, Nutrition Score:17.472608555918%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg, Epicatechin: 5.02mg

5.02mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 707.78kcal (35.39%), Fat: 46.67g (71.8%), Saturated Fat: 28.81g (180.03%), Carbohydrates: 48.88g (16.29%), Net Carbohydrates: 43.92g (15.97%), Sugar: 13.47g (14.97%), Cholesterol: 186.69mg (62.23%), Sodium: 1179.92mg (51.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.73%), Calcium: 669.17mg (66.92%), Phosphorus: 507.77mg (50.78%), Selenium: 23.85µg (34.07%), Vitamin B2: 0.45mg (26.36%), Vitamin A: 1245.83IU (24.92%), Fiber: 4.95g (19.81%), Copper: 0.38mg (19.03%), Vitamin B1: 0.28mg (18.67%), Manganese: 0.37mg (18.56%), Folate: 59.44µg (14.86%), Zinc: 2.05mg (13.64%), Vitamin B3: 2.71mg (13.56%), Vitamin B12: 0.78µg (13%), Iron: 2.32mg (12.91%), Magnesium: 42.49mg (10.62%), Vitamin K: 9.14µg (8.7%), Potassium: 252.51mg (7.21%), Vitamin E: 1.07mg (7.1%), Vitamin C: 5.74mg (6.96%), Vitamin B6: 0.12mg (5.85%), Vitamin B5: 0.48mg (4.83%), Vitamin D: 0.53µg (3.51%)