



Peasant Spinach Ravioli

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 2 teaspoons basil dried
- ☐ 1 large egg white lightly beaten
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.8 cup curd cottage cheese 1% low-fat
- ☐ 1.3 cups tomatoes low-fat
- ☐ 2 tablespoons parmesan cheese fresh grated

- ☐ 10 ounce pkt spinach dry thawed drained chopped
- ☐ 4 quarts water
- ☐ 32 won ton wrappers

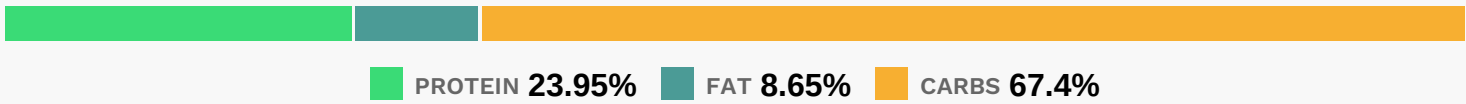
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Combine first 6 ingredients in medium bowl; set aside.
- ☐ Working with 1 won ton wrapper at a time (cover remaining wrappers with a damp towel to keep them from drying), spoon about 1/2 tablespoon spinach mixture into center of each wrapper. Moisten edges of wrapper with egg white; bring 2 opposite corners together. Pinch edges together to seal, forming a triangle.
- ☐ Place each wrapper on a baking sheet sprinkled with cornstarch Cover ravioli with a damp towel to keep them from drying.
- ☐ Bring 4 quarts water just to a simmer in a large Dutch oven.
- ☐ Add 8 ravioli; cook 2 minutes, stirring once.
- ☐ Remove ravioli from pan with a slotted spoon; keep warm. Repeat procedure with remaining ravioli. Top ravioli with marinara sauce and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:1.84, Inflammation Score:-10, Nutrition Score:28.773478386843%

Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 265.66kcal (13.28%), Fat: 2.58g (3.98%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 45.32g (15.11%), Net Carbohydrates: 41.2g (14.98%), Sugar: 4.49g (4.99%), Cholesterol: 8.8mg (2.93%), Sodium: 1060.1mg (46.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.11g (32.21%), Vitamin K: 353.28µg (336.45%), Vitamin A: 7048.67IU (140.97%), Manganese: 1.17mg (58.74%), Folate: 203.7µg (50.93%), Selenium: 24.32µg (34.75%), Vitamin B2: 0.54mg (31.48%), Vitamin C: 25.87mg (31.36%), Iron: 5.28mg (29.34%), Vitamin B1: 0.4mg (26.59%), Magnesium: 97.86mg (24.47%), Vitamin B3: 4.68mg (23.39%), Copper: 0.46mg (22.76%), Potassium: 756.07mg (21.6%), Calcium: 207.04mg (20.7%), Phosphorus: 183.79mg (18.38%), Vitamin E: 2.68mg (17.86%), Fiber: 4.11g (16.45%), Vitamin B6: 0.28mg (14.2%), Zinc: 1.36mg (9.04%), Vitamin B12: 0.32µg (5.27%), Vitamin B5: 0.44mg (4.4%)