



HEALTH SCORE

51%

Potato and Cheese Ravioli with Fresh Tomato Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



613 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings all purpose flour
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 large garlic clove minced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.3 cups pecorino romano cheese freshly grated
- ☐ 1.3 pounds russet potatoes peeled quartered
- ☐ 2 pounds tomatoes chopped
- ☐ 12 ounce wonton wrappers

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ pot
- ☐ plastic wrap
- ☐ slotted spoon

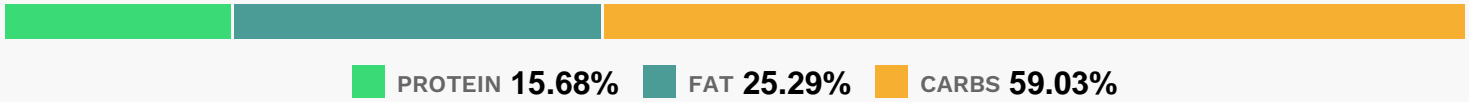
Directions

- ☐ Cook potatoes in large saucepan of boiling salted water until very tender, about 20 minutes.
- ☐ Drain. Return potatoes to pan and mash. Cool potatoes. Stir in 1 cup cheese and mint. Season filling to taste with salt and pepper.
- ☐ Line 2 baking sheets with plastic wrap; sprinkle with flour. Stack 6 wonton wrappers on work surface. Trim edges of wonton stack to form 2 3/4-inch square, preferably using scallop-edged pastry wheel cutter. Repeat stacking and trimming with remaining wrappers.
- ☐ Place half of wrappers on work surface.
- ☐ Place 1 tablespoon filling in center of each.
- ☐ Brush edges of wrappers lightly with water. Top each with another wrapper; press on edges to seal well.
- ☐ Place ravioli on prepared baking sheets. (Can be made 4 hours ahead.
- ☐ Sprinkle lightly with flour. Cover with plastic wrap and chill.)
- ☐ Heat oil in large nonstick skillet over medium heat.
- ☐ Add garlic and stir 30 seconds.
- ☐ Add tomatoes and sauté until heated through, about 5 minutes. Season sauce to taste with salt and pepper.
- ☐ Transfer 1/2 cup sauce to large shallow serving bowl.
- ☐ Working in batches, cook ravioli in large pot of boiling salted water until just tender but still firm to bite, about 3 minutes. Using slotted spoon, transfer ravioli to bowl with sauce. Spoon

remaining sauce over.

☐ Sprinkle with remaining 1/4 cup cheese and serve.

Nutrition Facts



Properties

Glycemic Index:63.69, Glycemic Load:26.98, Inflammation Score:-9, Nutrition Score:29.63695667101%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 613.28kcal (30.66%), Fat: 17.36g (26.71%), Saturated Fat: 6.66g (41.61%), Carbohydrates: 91.16g (30.39%), Net Carbohydrates: 84.64g (30.78%), Sugar: 7.1g (7.89%), Cholesterol: 40.15mg (13.38%), Sodium: 881.1mg (38.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Manganese: 1.12mg (56.15%), Vitamin C: 40.18mg (48.7%), Vitamin B1: 0.72mg (47.7%), Selenium: 31.73µg (45.33%), Phosphorus: 449.85mg (44.99%), Vitamin A: 2138.49IU (42.77%), Calcium: 422.21mg (42.22%), Vitamin B3: 7.94mg (39.71%), Vitamin B6: 0.74mg (36.92%), Folate: 145.79µg (36.45%), Potassium: 1250.54mg (35.73%), Vitamin B2: 0.57mg (33.62%), Iron: 5.46mg (30.31%), Fiber: 6.51g (26.05%), Vitamin K: 25.41µg (24.2%), Magnesium: 91.21mg (22.8%), Copper: 0.44mg (21.77%), Vitamin E: 2.32mg (15.49%), Zinc: 2.3mg (15.3%), Vitamin B5: 0.83mg (8.28%), Vitamin B12: 0.37µg (6.12%), Vitamin D: 0.16µg (1.04%)