



HEALTH SCORE

57%

Potato Ravioli Stuffed with Meat: Ofelle Triestine

READY IN



55 min.

SERVINGS



4

CALORIES



876 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 pound ground veal
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 onion finely chopped
- ☐ 4 servings parmigiano-reggiano grated
- ☐ 2.5 pounds potatoes

- ☐ 1 pinch salt
- ☐ 4 servings salt and pepper
- ☐ 0.3 pound sausage sweet
- ☐ 1 pound pkt spinach finely chopped

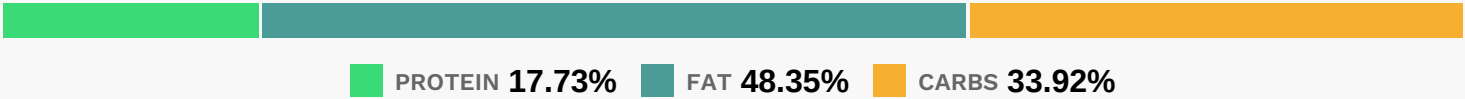
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ potato ricer
- ☐ pasta machine

Directions

- ☐ Boil the potatoes whole in water until very tender.
- ☐ Drain and, while still warm, peel, and run through a ricer or food mill.
- ☐ Place the potatoes in a large bowl and add the egg, a pinch of salt, and enough flour to make a dough that is the same consistency of gnocchi dough. Knead the dough for 5 minutes, then let rest for 30 minutes.
- ☐ In a large saute pan, heat the olive oil over high heat, then add the onion, veal , and sausage, and brown over medium-high heat until it is nicely browned.
- ☐ Add the spinach, season with salt and pepper and cook over high heat until the spinach is well cooked and most of the liquid has evaporated.
- ☐ Let cool.
- ☐ Roll the pasta dough out on a pasta machine down to the thinnest setting, and cut 3-inch squares from the dough.
- ☐ Place a scant tablespoon of the filling in the middle of 1/2 of the squares, and top them with the other squares, pressing the edges together to seal. Set aside.
- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons salt. Cook the ravioli in the boiling water until they are tender and cooked through, about 4 minutes.
- ☐ Drain and place in a serving bowl.
- ☐ Drizzle the butter over, top with grated Parmigiano-Reggiano and serve.

Nutrition Facts



Properties

Glycemic Index:80.69, Glycemic Load:50.55, Inflammation Score:-10, Nutrition Score:50.956521490346%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 9.68mg, Kaempferol: 9.68mg, Kaempferol: 9.68mg, Kaempferol: 9.68mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg

Nutrients (% of daily need)

Calories: 876.23kcal (43.81%), Fat: 47.62g (73.26%), Saturated Fat: 24.6g (153.77%), Carbohydrates: 75.16g (25.05%), Net Carbohydrates: 65.33g (23.76%), Sugar: 4.21g (4.68%), Cholesterol: 189.23mg (63.08%), Sodium: 1217.18mg (52.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.29g (78.59%), Vitamin K: 558.03µg (531.46%), Vitamin A: 11663.61IU (233.27%), Vitamin C: 89.95mg (109.03%), Manganese: 1.67mg (83.66%), Folate: 329.24µg (82.31%), Vitamin B6: 1.47mg (73.34%), Phosphorus: 640.61mg (64.06%), Potassium: 2190.08mg (62.57%), Vitamin B3: 10.91mg (54.56%), Calcium: 535.51mg (53.55%), Magnesium: 195.36mg (48.84%), Vitamin B2: 0.78mg (45.61%), Vitamin B1: 0.65mg (43.51%), Iron: 7.68mg (42.67%), Fiber: 9.83g (39.33%), Selenium: 25.07µg (35.82%), Zinc: 4.98mg (33.18%), Copper: 0.6mg (29.81%), Vitamin E: 3.89mg (25.97%), Vitamin B12: 1.51µg (25.11%), Vitamin B5: 2.32mg (23.18%), Vitamin D: 0.74µg (4.92%)