



Pumpkin Agnolotti

READY IN



45 min.

SERVINGS



18

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup pumpkin puree canned
- ☐ 0.3 cup crème fraîche
- ☐ 1 eggs lightly beaten
- ☐ 0.3 teaspoon lemon zest
- ☐ 0.3 cup parmesan grated plus more for sprinkling
- ☐ 18 servings pumpkin seeds shelled toasted
- ☐ 18 servings salt and pepper
- ☐ 0.1 teaspoon sugar

☐ 18 wonton wrappers

Equipment

☐ bowl

☐ frying pan

Directions

☐ Mash pumpkin purée, Parmesan, sugar, and lemon zest in a medium bowl. Season with salt and pepper. Arrange wonton wrappers on a work surface.

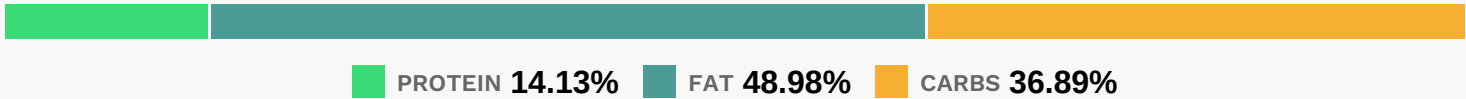
☐ Brush edges with lightly beaten egg.

☐ Place 1 teaspoon filling on bottom half; fold top half over, gently pressing edges to seal. Boil ravioli in salted water until just tender, about 3 minutes.

☐ Melt butter with crème fraîche in a sauté pan.

☐ Add ravioli and 2 tablespoons pasta cooking liquid; toss to coat. Season to taste with salt and pepper. Top with grated Parmesan and pumpkin seeds (pepitas).

Nutrition Facts



Properties

Glycemic Index:8.73, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:2.9365217659784%

Nutrients (% of daily need)

Calories: 56.27kcal (2.81%), Fat: 3.09g (4.76%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.85g (1.76%), Sugar: 0.4g (0.44%), Cholesterol: 15.94mg (5.31%), Sodium: 273.82mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Vitamin A: 1143.19IU (22.86%), Manganese: 0.11mg (5.26%), Selenium: 3.43µg (4.91%), Phosphorus: 38.07mg (3.81%), Vitamin B2: 0.06mg (3.25%), Vitamin B1: 0.05mg (3.04%), Iron: 0.49mg (2.74%), Calcium: 27.33mg (2.73%), Magnesium: 10.25mg (2.56%), Vitamin B3: 0.49mg (2.45%), Folate: 9.33µg (2.33%), Copper: 0.03mg (1.73%), Fiber: 0.4g (1.58%), Zinc: 0.23mg (1.5%), Vitamin K: 1.35µg (1.29%), Vitamin E: 0.17mg (1.14%), Potassium: 37.36mg (1.07%)