



Pumpkin Ravioli in Brown Butter

READY IN



35 min.

SERVINGS



10

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 stick butter
- ☐ 2 cups pumpkin canned
- ☐ 10 sage leaves fresh
- ☐ 1 teaspoon ground nutmeg
- ☐ 0.3 cup ricotta cheese low-fat
- ☐ 0.7 ounce onion recipe mix
- ☐ 2 tablespoons parmesan cheese grated for garnish, kraftr
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 10 servings salt and pepper

- ☐ 1 cup vegetable broth
- ☐ 16 wonton wrappers

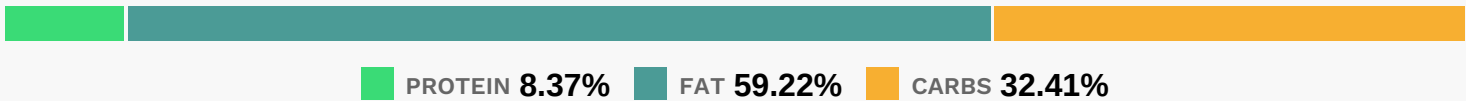
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ For filling, in a large saucepan, over medium heat, melt 1 tablespoon of the butter.
- ☐ Add pumpkin, onion recipe mix, and broth; simmer 5 minutes. Continue cooking until mixture is slightly dry. Season to taste with salt and pepper and remove from heat. Stir in ricotta cheese, 3 tablespoons Parmesan cheese, and the nutmeg.
- ☐ Let cool completely.
- ☐ Place 1 teaspoon of pumpkin filling in center of wonton wrapper. Fold wrapper diagonally to form a triangle. Moisten the edges of the triangle to seal. Using a fork, press down on the folded edge. Repeat.
- ☐ Place ravioli in a pot of boiling water and cook until they float to the top.
- ☐ Drain well.
- ☐ In a large skillet, over medium heat, melt remaining 7 tablespoons butter.
- ☐ Add sage leaves. Cook until butter turns brown. Arrange ravioli on a platter and spoon brown butter over top.
- ☐ Sprinkle with 2 tablespoons Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.18, Inflammation Score:-10, Nutrition Score:9.0060869659419%

Nutrients (% of daily need)

Calories: 159.78kcal (7.99%), Fat: 10.75g (16.54%), Saturated Fat: 6.66g (41.62%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 11.43g (4.16%), Sugar: 1.99g (2.22%), Cholesterol: 29.47mg (9.82%), Sodium: 642.45mg (27.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin A: 8005.93IU (160.12%), Copper: 0.21mg (10.27%), Manganese: 0.18mg (8.79%), Vitamin K: 8.74µg (8.33%), Selenium: 5.71µg (8.15%), Fiber: 1.81g (7.25%), Iron: 1.16mg (6.46%), Calcium: 63.65mg (6.36%), Phosphorus: 61.41mg (6.14%), Vitamin B2: 0.1mg (5.96%), Vitamin B1: 0.08mg (5.53%), Vitamin E: 0.8mg (5.34%), Folate: 17.65µg (4.41%), Vitamin B3: 0.87mg (4.37%), Magnesium: 17.33mg (4.33%), Potassium: 141.06mg (4.03%), Zinc: 0.4mg (2.65%), Vitamin C: 2.13mg (2.58%), Vitamin B5: 0.25mg (2.52%), Vitamin B6: 0.05mg (2.33%), Vitamin B12: 0.07µg (1.22%)