






 **24%**
HEALTH SCORE

Pumpkin Ravioli With Browned Butter Sage Sauce

READY IN

45 min.

SERVINGS

4

CALORIES

813 kcal

SIDE DISH **LUNCH** **MAIN COURSE** **MAIN DISH**

Ingredients

- 4 servings dough
- 0.5 cup cream sour
- 1 eggs
- 2 cups flour
- 4 servings milk
- 1 cup pumpkin puree
- 0.5 cup parmesan cheese grated
- 1 egg yolk

- 1 teaspoon rubbed sage
- 1 teaspoon salt
- 1 teaspoon pepper
- 4 servings water
- 4 servings parmesan for topping, if you wish
- 4 servings sauce
- 0.5 stick butter

Equipment

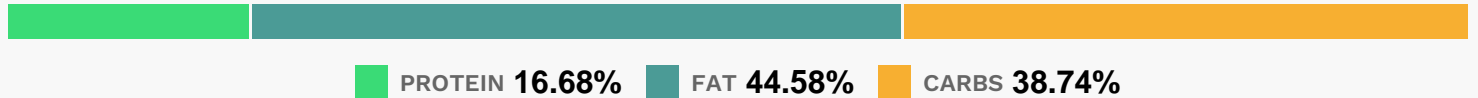
- bowl
- frying pan

Directions

- Make dough by mixing egg & sour cream in a bowl, mix in flour until a shaggy rough dough forms, then add splash of milk to make it come together.
- Begin mixing & kneading with your hands on a counter top, adding flour until the dough is no longer overly sticky and can be rolled out without tearing or breaking.
- Mix all ingredients of the filling together.
- Roll out dough to a long thin rectangle.
- Along one side of the rectangle, place small scoops of the filling about 1-2 inches apart in a row.
- Wet the dough with the water around each scoop of filling.
- Take the opposite side of the rectangular dough and fold it over on top of the scoops, then removing as much air from each ravioli as possible, cut into squares or rounds, ensuring each ravioli is sealed thoroughly.
- Repeat with the rest of the ravioli.
- Cook ravioli in small batches in boiling water for 3 minutes, flip over and boil for another 3 minutes.
- Meanwhile, heat a skillet over medium low heat and add butter.

- Keep a close eye on the butter, skimming the foam off the top and cooking until it's a golden brown color.
- Add sage and stir.
- Add boiled ravioli and cook for a few minutes per side.
- Serve, topping with a drizzle of the browned butter sauce over top and enjoy!

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:42.82, Inflammation Score:-10, Nutrition Score:33.83652173913%

Taste

Sweetness: 50.11%, Saltiness: 100%, Sourness: 29.29%, Bitterness: 40.1%, Savoriness: 38.05%, Fattiness: 89.75%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 812.73kcal (40.64%), Fat: 40.27g (61.96%), Saturated Fat: 22.81g (142.57%), Carbohydrates: 78.75g (26.25%), Net Carbohydrates: 74.79g (27.2%), Sugar: 15.5g (17.22%), Cholesterol: 197.41mg (65.8%), Sodium: 1610.97mg (70.04%), Protein: 33.89g (67.79%), Vitamin A: 10930.64IU (218.61%), Calcium: 847.69mg (84.77%), Phosphorus: 702.46mg (70.25%), Selenium: 48.75µg (69.64%), Vitamin B2: 1.01mg (59.66%), Vitamin B1: 0.78mg (51.96%), Folate: 155.34µg (38.83%), Manganese: 0.71mg (35.46%), Vitamin B12: 2.12µg (35.27%), Iron: 5.06mg (28.12%), Vitamin B3: 5.09mg (25.43%), Zinc: 3.39mg (22.58%), Vitamin D: 3.36µg (22.4%), Magnesium: 85.59mg (21.4%), Vitamin B5: 2.09mg (20.85%), Potassium: 690.16mg (19.72%), Fiber: 3.96g (15.85%), Vitamin B6: 0.3mg (15.13%), Vitamin K: 14.65µg (13.95%), Copper: 0.25mg (12.67%), Vitamin E: 1.63mg (10.86%), Vitamin C: 2.84mg (3.44%)