



Pumpkin Ravioli with Gorgonzola Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



261 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons butter
- ☐ 1.3 cups pumpkin canned
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons breadcrumbs dry
- ☐ 1 cup milk fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 teaspoon sage fresh minced
- ☐ 2 ounces gorgonzola cheese crumbled

- ☐ 0.1 teaspoon ground nutmeg
- ☐ 3 tablespoons hazelnuts toasted chopped
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 0.5 teaspoon salt
- ☐ 30 round wonton wrappers

Equipment

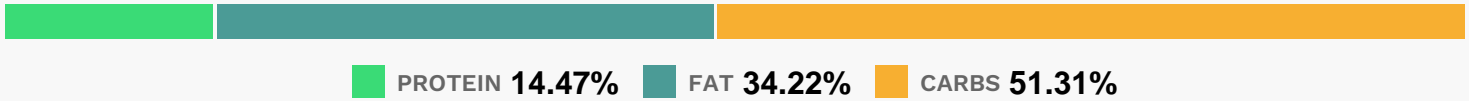
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ spatula
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Spoon pumpkin onto several layers of heavy-duty paper towels, and spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes.
- ☐ Scrape into a medium bowl using a rubber spatula. Stir in breadcrumbs, Parmesan, salt, minced sage, pepper, and nutmeg.
- ☐ Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to keep from drying), spoon 2 teaspoons pumpkin mixture into the center of wrapper.
- ☐ Brush edges of wrapper with water and fold in half, pressing edges firmly with fingers to form a half-moon.
- ☐ Place on a large baking sheet sprinkled with cornstarch. Repeat procedure with remaining wonton wrappers and pumpkin mixture.
- ☐ Fill a large Dutch oven with water; bring to a simmer.

- ☐ Add half of ravioli to pan (cover remaining ravioli with a damp towel to keep from drying). Cook 4 minutes or until done (do not boil), stirring gently.
- ☐ Remove ravioli with a slotted spoon; lightly coat with cooking spray, and keep warm. Repeat procedure with remaining ravioli.
- ☐ Combine milk and flour in a saucepan, stirring with a whisk. Bring to a boil; cook for 1 minute or until thick, stirring constantly.
- ☐ Remove from heat.
- ☐ Add butter, stirring until butter melts. Gently stir in Gorgonzola.
- ☐ Place 5 ravioli in each of 6 shallow bowls, and drizzle each serving with 3 tablespoons Gorgonzola mixture.
- ☐ Sprinkle each serving with 1 1/2 teaspoons hazelnuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:16.643913030624%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 260.7kcal (13.03%), Fat: 10.01g (15.4%), Saturated Fat: 4.3g (26.87%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 30.9g (11.24%), Sugar: 4.24g (4.71%), Cholesterol: 20.66mg (6.89%), Sodium: 612.51mg (26.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.06%), Vitamin A: 8207.65IU (164.15%), Copper: 0.72mg (35.94%), Manganese: 0.7mg (34.82%), Selenium: 15.01µg (21.44%), Vitamin B1: 0.31mg (20.54%), Vitamin B2: 0.29mg (17.15%), Calcium: 163.94mg (16.39%), Phosphorus: 161.71mg (16.17%), Iron: 2.5mg (13.87%), Vitamin B3: 2.76mg (13.78%), Folate: 54.35µg (13.59%), Fiber: 2.88g (11.51%), Vitamin E: 1.41mg (9.39%), Magnesium: 37.37mg (9.34%), Vitamin K: 9.74µg (9.27%), Potassium: 276.1mg (7.89%), Zinc: 1.05mg (7%), Vitamin B12: 0.4µg (6.66%), Vitamin B5: 0.6mg (6.03%), Vitamin B6: 0.11mg (5.69%), Vitamin D: 0.5µg (3.36%), Vitamin C: 2.46mg (2.98%)