



 **35%**
HEALTH SCORE

Pumpkin Ravioli with Pumpkin Seed Pesto

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon ground pepper
- 1.5 cups parsley fresh packed
- 1 small clove garlic
- 0.1 teaspoon ground cinnamon
- 0.5 cup olive oil extra virgin extra-virgin
- 0.5 cup parmesan freshly grated
- 2 pounds pumpkin
- 0.5 cup pumpkin seeds green hulled

8 servings salt

Equipment

food processor

bowl

baking sheet

oven

pot

Directions

Bring a pot of salted water to a boil. Preheat oven to 350F.

Spread pumpkin seeds on a rimmed baking sheet and toast for 5 minutes.

Let cool.

Combine seeds, parsley and garlic in a food processor and process until finely chopped. With motor running, add oil in a steady stream and process until smooth, scraping down sides of bowl as necessary. Scrape mixture into a bowl and stir in Parmesan, cayenne and cinnamon. Season Pumpkin Ravioli with Pumpkin Seed Pesto Olive Spiders with salt. (Pesto will be thick.)

Cook ravioli according to package directions. Set aside 1 cup pasta cooking water, drain ravioli and return pasta to pot. Gently stir in pesto and enough reserved water to moisten ravioli.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:5.12, Inflammation Score:-10, Nutrition Score:16.953913064755%

Flavonoids

Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg, Apigenin: 24.25mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 105.1kcal (5.25%), Fat: 6.49g (9.99%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 7.68g (2.79%), Sugar: 3.34g (3.71%), Cholesterol: 4.25mg (1.42%), Sodium: 301.77mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.89%), Vitamin A: 10676.86IU (213.54%), Vitamin K: 187.84µg (178.89%), Vitamin C: 25.41mg (30.8%), Manganese: 0.36mg (17.81%), Phosphorus: 149.89mg (14.99%), Potassium: 488.95mg (13.97%), Vitamin E: 1.8mg (11.97%), Calcium: 116.41mg (11.64%), Magnesium: 45.88mg (11.47%), Iron: 2.04mg (11.33%), Copper: 0.22mg (10.91%), Vitamin B2: 0.16mg (9.63%), Folate: 38.08µg (9.52%), Zinc: 0.97mg (6.5%), Vitamin B1: 0.08mg (5.38%), Vitamin B3: 1.05mg (5.26%), Fiber: 1.22g (4.88%), Vitamin B6: 0.1mg (4.85%), Vitamin B5: 0.44mg (4.44%), Selenium: 2.19µg (3.13%), Vitamin B12: 0.08µg (1.25%)