



WHATSheATE



HEALTH SCORE

59%

Ravioli



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



1173 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 tablespoon balsamic vinegar



2 tablespoons butter



1 carrots peeled



0.5 teaspoon cayenne pepper



1 teaspoon chili powder



1 teaspoon thyme leaves dried



1 eggs



1 eggs mixed with 1 teaspoon water eggwash

- ☐ 2 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 6 ounces garlic-flavored croutons
- ☐ 18 ounces ground beef
- ☐ 0.5 teaspoon ground pepper black
- ☐ 18 ounces ground sirloin
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 teaspoon olive oil
- ☐ 0.5 onion roughly chopped
- ☐ 0.5 teaspoon oregano dry
- ☐ 3 tablespoons parmesan grated
- ☐ 0.5 bell pepper red
- ☐ 1 tablespoon sage sliced
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons water
- ☐ 3 cloves garlic whole

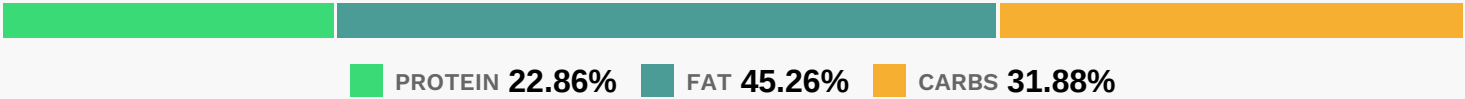
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ measuring cup
- ☐ pasta machine

Directions

- ☐ In a bowl, combine the Meatloaf, balsamic vinegar, Parmesan, and oregano, mix well, and set aside
- ☐ Using the Fresh Pasta recipe, roll out your dough either by hand or by machine.
- ☐ After you have rolled the pasta out into sheets, cut the sheet into an even amount of squares. Using a teaspoon fill the center of half with the filling.
- ☐ Brush around the filling with the egg wash and place the remaining squares on top. Press down around the seal to push out any air bubbles.
- ☐ In half a gallon of rapidly boiling salted water add the ravioli in batches.
- ☐ Remove to a strainer.
- ☐ In a separate pan over medium heat place the butter until it just starts to brown. Toss in 10 ravioli until coated.
- ☐ Sprinkle in the sage and toss again to evenly distribute.
- ☐ In a food processor bowl, combine croutons, black pepper, cayenne pepper, chili powder, and thyme. Pulse until the mixture is of a fine texture.
- ☐ Place this mixture into a large bowl.
- ☐ Combine the onion, carrot, garlic, and red pepper in the food processor bowl. Pulse until the mixture is finely chopped, but not pureed.
- ☐ Combine the vegetable mixture, ground sirloin, and ground chuck with the bread crumb mixture. Season the meat mixture with the kosher salt.
- ☐ Add the egg and combine thoroughly, but avoid squeezing the meat.
- ☐ On a clean surface make a well with the flour. In a measuring cup mix the eggs, water and oil and salt.
- ☐ Pour the wet mixture slowly into the flour and mix with your 2 fingers until all of the wet is incorporated. Do not force the dough to take all of the flour. If you are going to use a pasta machine to roll out the dough you may at this point form the dough into a disk and cover with plastic wrap.
- ☐ Place in the refrigerator for 1 hour to rest. If you going to roll this by hand you should knead the dough on a floured work surface for 8 to 10 minutes.
- ☐ In the bowl of your food processor combine the flour and salt and pulse 2 to 3 times. In a liquid measuring cup whisk the eggs, water and oil. While pulsing the machine pour this mixture in a continuous stream and continue running the machine until the dough begins to pull away from the sides of the bowl. Follow directions above for hand rolling or machine.

Nutrition Facts



Properties

Glycemic Index:109.21, Glycemic Load:57.31, Inflammation Score:-10, Nutrition Score:54.895652231963%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 1172.73kcal (58.64%), Fat: 58.23g (89.59%), Saturated Fat: 23.38g (146.1%), Carbohydrates: 92.28g (30.76%), Net Carbohydrates: 87.23g (31.72%), Sugar: 3.52g (3.91%), Cholesterol: 369.77mg (123.26%), Sodium: 1535.49mg (66.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.17g (132.33%), Copper: 5.05mg (252.28%), Selenium: 93.04µg (132.91%), Vitamin B12: 5.97µg (99.56%), Vitamin B3: 17.64mg (88.19%), Zinc: 13.12mg (87.5%), Manganese: 1.72mg (85.93%), Vitamin B6: 1.64mg (81.78%), Vitamin A: 3743.12IU (74.86%), Phosphorus: 728.24mg (72.82%), Vitamin B2: 1.16mg (68.33%), Iron: 11.99mg (66.61%), Vitamin B1: 0.99mg (65.83%), Folate: 226.13µg (56.53%), Vitamin C: 35.25mg (42.73%), Potassium: 1205.31mg (34.44%), Vitamin B5: 2.88mg (28.79%), Calcium: 242.66mg (24.27%), Magnesium: 94.84mg (23.71%), Fiber: 5.06g (20.22%), Vitamin E: 2.57mg (17.11%), Vitamin K: 16.07µg (15.3%), Vitamin D: 1.21µg (8.09%)