



Ravioli Caprese

READY IN



46 min.

SERVINGS



6

CALORIES



334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 eggs
- ☐ 2.5 cups flour for dusting all-purpose plus more
- ☐ 2 tablespoons basil leaves fresh finely chopped
- ☐ 3 tablespoons basil leaves fresh chopped
- ☐ 2 teaspoons lemon zest grated
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmesan grated
- ☐ 0.5 cup rotisserie chicken cut shredded store-bought finely

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup milk ricotta whole
- ☐ 1 cup very water hot

Equipment

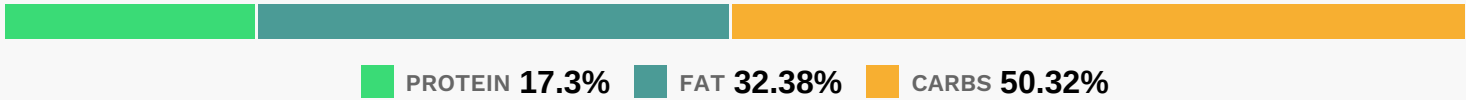
- ☐ bowl
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan
- ☐ wooden spoon
- ☐ rolling pin

Directions

- ☐ In a large bowl combine the flour and the water. Using a wooden spoon, stir to combine into a large ball. Cover with plastic wrap and let sit for 10 minutes.
- ☐ Combine all the ingredients in a medium bowl and stir to combine.
- ☐ To form the ravioli, cut the dough into 4 evenly sized pieces. The dough should be slightly sticky.
- ☐ Add extra flour as necessary for rolling, but use only a little as necessary. Form each piece into a 2 by 6-inch rectangle. Recover the dough with the plastic wrap.
- ☐ Lightly dust the work surface and a rolling pin. Working with 1 piece of dough at a time, roll the dough into a 4 by 19-inch rectangle.
- ☐ Place 9 rounded teaspoons of filling about 1-inch apart down the center of the dough. Fold the dough over the filling. Press down around the edges of each of the ravioli with your fingertips.
- ☐ Cut the ravioli into small squares and press down around the edges again with your fingertips to seal.
- ☐ Place the finished ravioli on a baking tray and continue forming the remaining ravioli.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add half the ravioli and cook until the ravioli float stirring occasionally, about 3 to 4 minutes.

- ☐
- Drain into a large bowl and cook the remaining ravioli.
- ☐
- Pour the olive oil over the cooked ravioli.
- ☐
- Add the basil, lemon zest, salt, and pepper. Gently toss to coat and serve immediately.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:29.35, Inflammation Score:-4, Nutrition Score:10.569565166598%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 333.77kcal (16.69%), Fat: 11.89g (18.29%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 41.56g (13.85%), Net Carbohydrates: 40.04g (14.56%), Sugar: 1.7g (1.89%), Cholesterol: 52.7mg (17.57%), Sodium: 354.23mg (15.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.29g (28.57%), Selenium: 21.44µg (30.63%), Vitamin B1: 0.43mg (28.77%), Folate: 100.29µg (25.07%), Vitamin B2: 0.35mg (20.51%), Manganese: 0.39mg (19.48%), Vitamin B3: 3.14mg (15.71%), Iron: 2.69mg (14.92%), Phosphorus: 131.64mg (13.16%), Vitamin K: 11.61µg (11.05%), Calcium: 104.35mg (10.44%), Vitamin E: 1.16mg (7.71%), Fiber: 1.52g (6.1%), Magnesium: 19.54mg (4.89%), Copper: 0.1mg (4.83%), Vitamin B5: 0.48mg (4.8%), Zinc: 0.72mg (4.8%), Vitamin B12: 0.28µg (4.67%), Vitamin A: 210.26IU (4.21%), Potassium: 122.63mg (3.5%), Vitamin D: 0.5µg (3.35%), Vitamin B6: 0.06mg (3.09%), Vitamin C: 1.16mg (1.41%)