



Ravioli di Ricotta e Asparagi con Salsa di Piselli

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



408 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound asparagus
- 1 large eggs
- 6 servings extra wide egg noodles fresh
- 1 teaspoon mint leaves fresh minced
- 1 tablespoon spring onion chopped
- 1 cup peas fresh green shelled
- 6 servings olive oil extra virgin extra-virgin

- 0.5 teaspoon salt
- 6 ounces whole-milk ricotta cheese fresh
- 1 cup water

Equipment

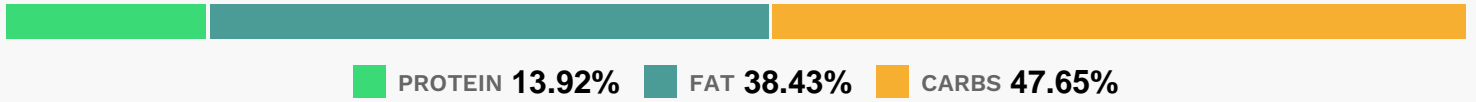
- bowl
- baking sheet
- sauce pan
- pot
- blender

Directions

- Bring first 4 ingredients to boil in small saucepan. Cook uncovered until peas are just tender, about 3 minutes. Cool slightly.
- Transfer mixture to blender; puree until smooth (sauce will be thin). Season with salt and pepper. (Can be prepared 6 hours ahead. Cover and chill. Rewarm before using.)
- Cut top 3 inches off asparagus; cut into 1/2-inch lengths. Cook in saucepan of boiling salted water until tender, about 3 minutes.
- Drain; place in bowl of ice water.
- Drain; pat dry.
- Mix cheese and mint in medium bowl. Stir in asparagus. Season with salt and pepper; mix in egg.
- Follow directions for making and rolling Fresh Egg Pasta dough into sheets. Starting 1 inch from 1 short side of 1 pasta sheet, drop ricotta filling by rounded teaspoonfuls down center of sheet, spacing mounds 2 inches apart.
- Brush pasta edges and between mounds of filling lightly with water. Cover with second pasta sheet, pressing down around filling to eliminate air pockets and to seal. Using fluted pastry wheel, cut pasta between filling, trimming sides to form 2- to 2 1/4-inch ravioli. Repeat with more pasta and remaining filling, making about 3
- (Reserve remaining pasta for another use, cutting into shapes and drying on floured work surface.)

- Place ravioli on floured baking sheet; let dry 30 minutes. (Can be made 6 hours ahead. Cover; chill.)
- Working in 2 batches, cook ravioli in very large pot of boiling salted water until just tender, stirring gently, about 3 minutes.
- Drain ravioli. Divide hot pea sauce among 6 plates. Top with ravioli.
- Drizzle with olive oil and serve.

Nutrition Facts



Properties

Glycemic Index:25.39, Glycemic Load:18.13, Inflammation Score:-7, Nutrition Score:18.232608695652%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Quercetin: 10.68mg, Quercetin: 10.68mg, Quercetin: 10.68mg, Quercetin: 10.68mg

Nutrients (% of daily need)

Calories: 408.42kcal (20.42%), Fat: 17.47g (26.87%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 48.73g (16.24%), Net Carbohydrates: 43.89g (15.96%), Sugar: 4.81g (5.34%), Cholesterol: 82.58mg (27.53%), Sodium: 252.29mg (10.97%), Protein: 14.24g (28.48%), Selenium: 48.87µg (69.81%), Vitamin K: 48.25µg (45.95%), Manganese: 0.7mg (35.1%), Phosphorus: 217.25mg (21.73%), Vitamin E: 3.2mg (21.35%), Fiber: 4.84g (19.36%), Folate: 75.84µg (18.96%), Copper: 0.37mg (18.25%), Iron: 3.28mg (18.21%), Vitamin B1: 0.27mg (18.1%), Vitamin C: 14.09mg (17.08%), Vitamin A: 846.8IU (16.94%), Vitamin B2: 0.23mg (13.4%), Magnesium: 52.65mg (13.16%), Zinc: 1.9mg (12.66%), Vitamin B6: 0.25mg (12.27%), Vitamin B3: 2.43mg (12.16%), Potassium: 362.85mg (10.37%), Calcium: 96.01mg (9.6%), Vitamin B5: 0.87mg (8.72%), Vitamin B12: 0.24µg (3.94%), Vitamin D: 0.33µg (2.23%)