



Ravioli Filled with Radicchio

READY IN



45 min.

SERVINGS



6

CALORIES



576 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup flour
- ☐ 0.5 cup butter hot melted (1 stick)
- ☐ 0.3 cup wine dry red
- ☐ 3 large eggs beaten to blend
- ☐ 0.5 cup mascarpone cheese
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 2 small heads radicchio thinly cored thinly sliced quartered
- ☐ 1 cup onion red thinly sliced

☐ 0.8 cup semolina (pasta flour)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ cookie cutter
- ☐ pasta machine

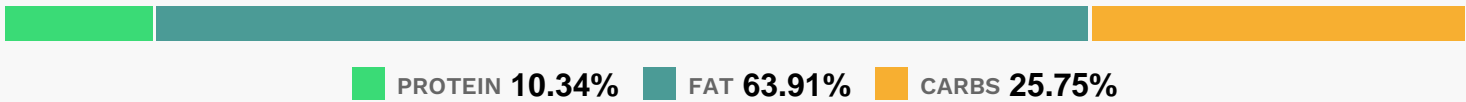
Directions

- ☐ Whisk flour and semolina in medium bowl to blend.
- ☐ Add eggs and stir with wooden spoon until mixture clumps together; turn out onto floured surface and knead until dough is smooth, adding more flour by tablespoonfuls if dough is sticky, about 8 minutes. Form dough into ball; cover and let rest 1 hour. (Can be made 1 day ahead. Wrap in plastic; chill.
- ☐ Let stand at room temperature 1 hour before rolling out.)
- ☐ Heat oil in heavy large skillet over medium heat.
- ☐ Add onion and sauté until soft, about 8 minutes. Stir in radicchio and wine; sprinkle with salt. Reduce heat to medium-low; cover and cook until radicchio is very soft, stirring frequently and adding water by tablespoonfuls if dry, about 40 minutes. Uncover and sauté until all liquid evaporates, about 5 minutes.
- ☐ Remove from heat and cool.
- ☐ Mix in mascarpone cheese. Season with salt and pepper.
- ☐ Cut pasta dough into 6 equal pieces. Cover pieces with plastic wrap to keep from drying out. Set pasta machine to widest setting. Flatten 1 dough piece into rectangle. Run dough piece through machine. Fold in half crosswise (end to end) and run through again. Continue to run through machine, turning machine to narrower settings after 2 passes and dusting with flour

as needed to keep from sticking, until pasta sheet is scant 1/16 inch thick (about last setting).

- ☐ Place pasta sheet on lightly floured work surface; cover with plastic to keep from drying. Repeat with remaining pasta pieces.
- ☐ Using sharp 3 1/2-inch-diameter cookie cutter, cut out 36 rounds from pasta sheets.
- ☐ Place 1 rounded teaspoon filling in center of 1 dough round.
- ☐ Brush edges of dough lightly with water. Fold dough over filling, forming half-moon and pressing to adhere. Press edges with tines of fork to seal tightly.
- ☐ Place ravioli in single layer on lightly floured baking sheet and let dry 30 minutes. (Can be prepared 6 hours ahead. Cover; chill.)
- ☐ Working in 2 batches, cook ravioli in very large pot of boiling salted water until just tender, stirring gently to prevent sticking, about 3 minutes.
- ☐ Drain.
- ☐ Transfer ravioli to bowl.
- ☐ Pour hot melted butter over; sprinkle with salt, pepper, and Parmesan. Toss gently and serve.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:19.83, Inflammation Score:-7, Nutrition Score:13.795217317084%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 575.51kcal (28.78%), Fat: 40.27g (61.96%), Saturated Fat: 19.66g (122.85%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 34.67g (12.61%), Sugar: 1.3g (1.45%), Cholesterol: 166.92mg (55.64%), Sodium: 461.06mg

(20.05%), Alcohol: 1.05g (100%), Alcohol %: 0.8% (100%), Protein: 14.66g (29.32%), Selenium: 39.56µg (56.51%), Vitamin B1: 0.36mg (24.04%), Vitamin B2: 0.41mg (23.98%), Folate: 94.91µg (23.73%), Phosphorus: 218.46mg (21.85%), Calcium: 205.08mg (20.51%), Vitamin A: 1015.02IU (20.3%), Manganese: 0.33mg (16.37%), Vitamin E: 2.16mg (14.41%), Iron: 2.5mg (13.9%), Vitamin B3: 2.55mg (12.76%), Zinc: 1.47mg (9.82%), Vitamin B12: 0.48µg (7.99%), Vitamin K: 8.12µg (7.73%), Fiber: 1.83g (7.33%), Vitamin B5: 0.7mg (7.04%), Magnesium: 26.32mg (6.58%), Vitamin B6: 0.12mg (5.97%), Copper: 0.11mg (5.28%), Potassium: 170.86mg (4.88%), Vitamin D: 0.58µg (3.89%), Vitamin C: 2mg (2.42%)