



Ravioli Nudi in Tomato Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.1 teaspoon cayenne
- ☐ 2 eggs beaten
- ☐ 3 tablespoons flour
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 lemon zest grated
- ☐ 0.1 teaspoon nutmeg grated

- ☐ 2 tablespoons olive oil
- ☐ 2 onions chopped
- ☐ 0.3 cup parmesan grated
- ☐ 0.8 cup ricotta
- ☐ 1.5 teaspoons salt
- ☐ 2 pounds pkt spinach washed chopped well
- ☐ 1.7 cups tomato purée one 15-ounce can
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

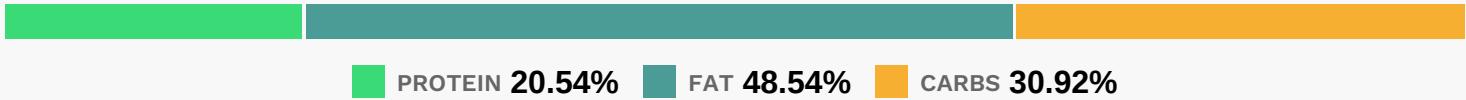
Directions

- ☐ In a large frying pan, heat 1 tablespoon of the oil over moderately low heat.
- ☐ Add half the onions and cook, stirring occasionally, until translucent, about 5 minutes. Increase the heat to moderately high and add the spinach and 1 teaspoon of the salt. Cook, stirring, until no liquid remains in the pan, about 10 minutes.
- ☐ Drain and press all remaining liquid from the spinach.
- ☐ In the same pan, heat the remaining tablespoon of oil over moderately low heat.
- ☐ Add the remaining onion and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the garlic and cook for 1 minute, stirring. Stir in the tomato puree, water, pepper, and the remaining 1/2 teaspoon salt. Bring to a simmer and cook, stirring occasionally, for 15 minutes. Stir in the butter and basil and cover to keep warm.
- ☐ Meanwhile, bring a medium pot of salted water to a simmer. In a medium bowl, combine the cooked spinach, ricotta, Parmesan, eggs, lemon zest, nutmeg, cayenne, and flour. Using two tablespoons, drop walnut-size dumplings into the simmering water. Cook until firm, about 3

minutes.

- ☐
- Remove with a slotted spoon and drain on paper towels.
- ☐
- Serve with the tomato sauce.
- ☐
- Wine Recommendation: Tomatoes require a high-acid wine, while earthy spinach is best with one that has bright, uncomplicated fruit. Sounds like barbera, but no oak please.

Nutrition Facts



Properties

Glycemic Index:118, Glycemic Load:5.82, Inflammation Score:-10, Nutrition Score:45.740000092465%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 14.92mg, Kaempferol: 14.92mg, Kaempferol: 14.92mg, Kaempferol: 14.92mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 24.68mg, Quercetin: 24.68mg, Quercetin: 24.68mg, Quercetin: 24.68mg

Nutrients (% of daily need)

Calories: 362.65kcal (18.13%), Fat: 20.85g (32.07%), Saturated Fat: 8.56g (53.52%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 21.48g (7.81%), Sugar: 8.92g (9.92%), Cholesterol: 117.33mg (39.11%), Sodium: 1278.93mg (55.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.85g (39.7%), Vitamin K: 1106.83µg (1054.13%), Vitamin A: 22327.47IU (446.55%), Folate: 489.86µg (122.46%), Manganese: 2.38mg (118.86%), Vitamin C: 81.66mg (98.98%), Magnesium: 223.02mg (55.75%), Potassium: 1926.5mg (55.04%), Vitamin E: 8.17mg (54.49%), Iron: 9.18mg (51.02%), Vitamin B2: 0.77mg (45.57%), Calcium: 447.55mg (44.76%), Vitamin B6: 0.73mg (36.27%), Phosphorus: 340.1mg (34.01%), Copper: 0.68mg (33.93%), Fiber: 8.39g (33.55%), Selenium: 20.28µg (28.97%), Vitamin B1: 0.29mg (19.61%), Vitamin B3: 3.74mg (18.71%), Zinc: 2.75mg (18.34%), Vitamin B5: 1.2mg (12.01%), Vitamin B12: 0.43µg (7.25%), Vitamin D: 0.56µg (3.76%)