



Ricotta and Vanilla Ravioli with Orange Mint Dipping Sauce

READY IN



40 min.

SERVINGS



6

CALORIES



642 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs beaten
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.5 cup orange juice fresh
- ☐ 1.5 teaspoons orange zest
- ☐ 24 round potsticker wrappers Gyoza
- ☐ 6 servings ravioli
- ☐ 0.5 cup milk ricotta cheese whole

- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 1 vanilla pod split
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

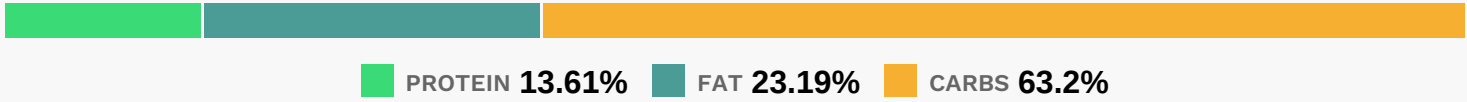
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ kitchen thermometer
- ☐ pastry brush

Directions

- ☐ Watch how to make this recipe.
- ☐ Dipping Sauce;
- ☐ *Can be found at specialty Asian markets.
- ☐ Vegetable oil, for frying
- ☐ In a small bowl, combine the ricotta cheese, sugar, vanilla extract, mint leaves, and orange zest. Scrape in the seeds from the vanilla bean and mix well. Using a pastry brush, brush the edges of the potsticker wrappers with the beaten egg. Spoon 1 teaspoon of the ricotta mixture into the center of the potsticker wrappers. Fold the dough over the filling to create a half-moon shape. Pinch the edges of the dough to seal.
- ☐ In a large heavy-bottomed saucepan, pour enough oil to fill the pan about a third of the way.
- ☐ Heat over medium heat until a deep-frying thermometer inserted in the oil reaches 375 degrees F. (If you don't have a thermometer a cube of bread will brown in about 3 minutes.) In batches, fry the ravioli for 30 seconds on each side until golden.
- ☐ Drain on paper towels.
- ☐ In a small saucepan, combine the orange juice and sugar over medium heat. Bring to a boil, reduce the heat, and simmer for 5 minutes, stirring occasionally, until the sugar has dissolved.

- ☐
- Remove the pan from the heat and allow the syrup to cool for 20 minutes. Stir in the chopped mint.
- ☐
- Arrange the ravioli on a platter.
- ☐
- Pour the dipping sauce into a small dipping bowl and serve alongside the ravioli.

Nutrition Facts



Properties

Glycemic Index:43.03, Glycemic Load:43.04, Inflammation Score:-3, Nutrition Score:9.5252173879872%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 641.58kcal (32.08%), Fat: 16.54g (25.45%), Saturated Fat: 6.14g (38.37%), Carbohydrates: 101.43g (33.81%), Net Carbohydrates: 97.6g (35.49%), Sugar: 41.22g (45.8%), Cholesterol: 97.22mg (32.41%), Sodium: 848.62mg (36.9%), Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 21.84g (43.68%), Iron: 12.37mg (68.71%), Selenium: 13.96µg (19.94%), Fiber: 3.84g (15.35%), Vitamin C: 11.81mg (14.31%), Vitamin B2: 0.21mg (12.23%), Vitamin B1: 0.18mg (12.17%), Manganese: 0.23mg (11.46%), Folate: 40.93µg (10.23%), Calcium: 91.55mg (9.15%), Vitamin B3: 1.79mg (8.93%), Phosphorus: 76.94mg (7.69%), Vitamin A: 285.4IU (5.71%), Zinc: 0.59mg (3.94%), Copper: 0.07mg (3.72%), Magnesium: 13.58mg (3.39%), Potassium: 114.28mg (3.27%), Vitamin B12: 0.14µg (2.36%), Vitamin B5: 0.21mg (2.14%), Vitamin B6: 0.04mg (2.14%), Vitamin D: 0.19µg (1.25%)