



Ricotta Ravioli with Browned Poppy Seed Butter and Asparagus

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups asparagus (2-inch)
- 1.5 tablespoons butter
- 2 large egg whites
- 2 tablespoons parsley fresh minced
- 1 ounce pecorino cheese fresh grated
- 2 teaspoons poppy seeds
- 3 inch wonton skins

- 8 ounces ricotta cheese homemade
- 1.5 ounces pecorino crumbled
- 0.1 teaspoon salt
- 0.3 teaspoon salt
- 6 quarts water

Equipment

- frying pan
- baking sheet
- slotted spoon

Directions

- To prepare ravioli, combine Homemade Ricotta Cheese, pecorino Romano, parsley, 1/8 teaspoon salt, and egg whites; mix with a fork until blended. Working with 1 gyoza skin at a time (cover remaining skins to prevent drying), spoon about 2 teaspoons ricotta mixture into center of skin. Moisten edges of skin with water; place 1 skin over filling, stretching slightly to meet edges of bottom skin. Press edges together with a fork to seal; place on a lightly floured baking sheet (cover with a damp towel to prevent drying). Repeat procedure with remaining skins and ricotta mixture to form 24 ravioli.
- Bring 6 quarts water to a boil over medium-high heat.
- Add 4 ravioli; cook 5 minutes, turning ravioli carefully after 2 1/2 minutes.
- Remove ravioli from water with a slotted spoon; place on a platter. Repeat procedure with remaining ravioli; cover and keep warm. Reserve 1/2 cup cooking water.
- To prepare topping, melt butter in a large nonstick skillet over medium heat; cook 3 minutes or until lightly browned, shaking pan occasionally.
- Add 1/4 cup reserved cooking water, asparagus, and 1/4 teaspoon salt; cook 3 minutes or until asparagus is crisp-tender and water evaporates. Stir in poppy seeds; cook 30 seconds.
- Add 1/4 cup reserved cooking water; cook over medium-high heat 1 minute or until liquid is reduced by about half.
- Add ravioli to skillet; toss gently to combine.
- Sprinkle with ricotta salata; serve immediately.

Nutrition Facts

PROTEIN 25.79% FAT 64.38% CARBS 9.83%

Properties

Glycemic Index:33.33, Glycemic Load:0.69, Inflammation Score:-6, Nutrition Score:8.92652167444464%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg, Isorhamnetin: 2.55mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 148.78kcal (7.44%), Fat: 10.83g (16.66%), Saturated Fat: 6.54g (40.85%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 2.54g (0.92%), Sugar: 1.12g (1.24%), Cholesterol: 36.54mg (12.18%), Sodium: 353.07mg (15.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.52%), Vitamin K: 41.29µg (39.32%), Calcium: 200.6mg (20.06%), Vitamin A: 757.45IU (15.15%), Selenium: 10.59µg (15.13%), Phosphorus: 142.02mg (14.2%), Copper: 0.27mg (13.38%), Vitamin B2: 0.22mg (12.93%), Folate: 32.34µg (8.08%), Iron: 1.37mg (7.58%), Manganese: 0.14mg (7.25%), Zinc: 1.08mg (7.19%), Magnesium: 28.01mg (7%), Vitamin B1: 0.08mg (5.45%), Vitamin C: 4.29mg (5.2%), Potassium: 174.8mg (4.99%), Fiber: 1.18g (4.71%), Vitamin E: 0.67mg (4.49%), Vitamin B12: 0.22µg (3.69%), Vitamin B6: 0.07mg (3.41%), Vitamin B5: 0.27mg (2.71%), Vitamin B3: 0.53mg (2.63%)