

**56%**
HEALTH SCORE

Ricotta Ravioli with Spinach Pesto

READY IN

**53 min.**

SERVINGS

**4**

CALORIES

**766 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 egg white lightly beaten
- ☐ 2 cups ricotta fresh
- ☐ 1 clove garlic
- ☐ 1 cup hazelnuts divided toasted chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 lemon zest juiced
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup parmesan cheese grated

- ☐ 4 cups pkt spinach loosely packed
- ☐ 12 ounce wonton wrappers

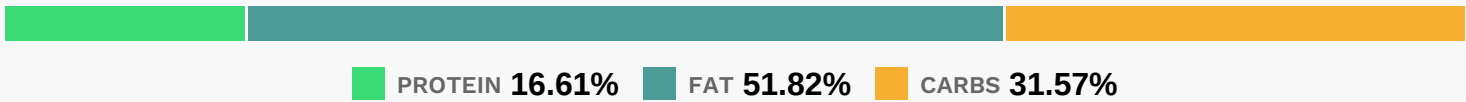
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Food processor
- ☐ In a small bowl, mix together ricotta, 1/4 cup hazelnuts, nutmeg, lemon zest, and salt and pepper to taste.
- ☐ Lay several wonton wrappers on a work surface. Scoop a generous tablespoon of the ricotta filling into the center of each wrapper, and brush outside edges with egg white.
- ☐ Lay another wonton wrapper on top of each, and press firmly with fingertips to press out air and seal ravioli.
- ☐ Transfer ravioli to a parchment-lined baking sheet. Repeat with remaining wonton wrappers and filling, making 18 to 20 ravioli total. Cover baking sheet with a damp paper towel and transfer to refrigerator to set up, about 30 minutes.
- ☐ In a food processor, combine remaining 3/4 cup hazelnuts, lemon juice, spinach, garlic, parmesan, olive oil, and salt and pepper to taste and puree until smooth.
- ☐ Fill a large pot with water, salt liberally, and bring to a boil. Cook ravioli in three batches, until they are cooked and float to the top, about 2 to 3 minutes. Strain and transfer to serving bowls with a dollop of spinach pesto.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.59, Inflammation Score:-10, Nutrition Score:36.59434773611%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 765.95kcal (38.3%), Fat: 44.74g (68.83%), Saturated Fat: 14.62g (91.34%), Carbohydrates: 61.33g (20.44%), Net Carbohydrates: 56g (20.36%), Sugar: 1.97g (2.18%), Cholesterol: 81.77mg (27.26%), Sodium: 1039.69mg (45.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.26g (64.51%), Vitamin K: 154µg (146.67%), Manganese: 2.7mg (135.17%), Selenium: 48.98µg (69.97%), Vitamin A: 3492IU (69.84%), Calcium: 475.58mg (47.56%), Folate: 181.58µg (45.39%), Vitamin B1: 0.68mg (45.38%), Phosphorus: 448.74mg (44.87%), Vitamin B2: 0.73mg (43.06%), Vitamin E: 6.09mg (40.61%), Copper: 0.72mg (35.96%), Iron: 5.68mg (31.55%), Vitamin B3: 5.53mg (27.66%), Magnesium: 109.32mg (27.33%), Zinc: 3.5mg (23.32%), Fiber: 5.33g (21.31%), Potassium: 612.94mg (17.51%), Vitamin B6: 0.33mg (16.45%), Vitamin C: 12.5mg (15.15%), Vitamin B12: 0.61µg (10.24%), Vitamin B5: 0.64mg (6.44%), Vitamin D: 0.31µg (2.07%)