



Sup! Loves Cookbooks- Sicilia in Cucina

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup balsamic vinegar
- ☐ 14 ounce primosale cheese fresh (pecorino)
- ☐ 2 sage leaves fresh plus more as garnish, to taste
- ☐ 2 tablespoon granulated sugar
- ☐ 1 pinch nutmeg finely grated
- ☐ 1 pound sheets pasta dough in fresh
- ☐ 1 pinch cracked pepper black
- ☐ 0.5 cup almonds whole

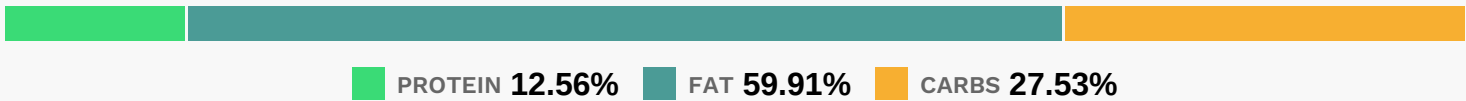
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Make the ravioli filling: Finely chop or grate the cheese.
- ☐ Add it to the bowl of a food processor or blender along with a pinch of nutmeg and 2 egg yolks. Process on high until a smooth uniform mixture is attained. Set aside. Form the raviolis: Using a 2 ½ to 3-inch round cutter cut the dough into 30 discs. Working one at a time place about ½ tablespoon in the middle of half the discs. Use water to moisten the edge with the tip of your finger.
- ☐ Place the oven rack in the top position and pre-heat the oven to 400 degrees F. Meanwhile, heat the balsamic, sugar, and 2 sage leaves in a medium saucepan set over medium-high heat. Just before it begins to boil lower the heat to a simmer and let the liquid reduce until a syrupy consistency is achieved, about 8 minutes.
- ☐ Remove from heat and stir in a pinch of cracked black pepper. Once the oven is hot spread the nuts onto a baking sheet and toast in the oven about 8 minutes; remove from oven and chop coarsely. To plate: Steam or boil the raviolis.
- ☐ Place 5 warm raviolis on 6 warm plates, drizzle on a spoonful of the balsamic reduction and sprinkle each with chopped almonds.
- ☐ Garnish with sage leaves and aged pecorino. Like this: Like Loading...

Nutrition Facts



Properties

Glycemic Index:43.18, Glycemic Load:5.78, Inflammation Score:-6, Nutrition Score:17.327825888748%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 725.64kcal (36.28%), Fat: 48.22g (74.18%), Saturated Fat: 19.37g (121.03%), Carbohydrates: 49.85g (16.62%), Net Carbohydrates: 46.43g (16.88%), Sugar: 9.01g (10.01%), Cholesterol: 66.15mg (22.05%), Sodium: 748.52mg (32.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.49%), Calcium: 522.25mg (52.23%), Phosphorus: 420.48mg (42.05%), Selenium: 23.55µg (33.64%), Manganese: 0.66mg (32.93%), Vitamin B2: 0.56mg (32.76%), Vitamin E: 3.89mg (25.96%), Zinc: 3.17mg (21.11%), Folate: 72.18µg (18.05%), Vitamin B1: 0.25mg (16.81%), Magnesium: 65.13mg (16.28%), Iron: 2.73mg (15.15%), Fiber: 3.42g (13.68%), Vitamin A: 663.95IU (13.28%), Copper: 0.25mg (12.59%), Vitamin B3: 2.51mg (12.55%), Vitamin B12: 0.7µg (11.69%), Potassium: 244.29mg (6.98%), Vitamin K: 7.13µg (6.79%), Vitamin B5: 0.64mg (6.35%), Vitamin B6: 0.1mg (5%), Vitamin D: 0.4µg (2.65%)