



Sweet Pea Ravioli with Rosemary Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



310 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slice bacon
- ☐ 0.5 cup chicken broth
- ☐ 1 eggs lightly beaten
- ☐ 1 clove garlic peeled cut in half
- ☐ 0.5 cup heavy cream
- ☐ 3 tablespoon olive oil
- ☐ 1 bunch parsley italian
- ☐ 1.5 cup peas fresh english shelled

- ☐ 6 servings salt and pepper
- ☐ 6 servings salt and pepper white to taste
- ☐ 0.3 cup shallots minced
- ☐ 4 tablespoon butter unsalted
- ☐ 1 cup water

Equipment

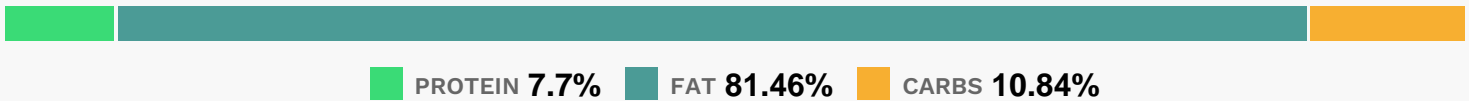
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl
- ☐ aluminum foil
- ☐ cookie cutter

Directions

- ☐ ROSEMARY CREAM: In a small saucepan, bring the cream, rosemary and garlic to a gentle boil. Reduce the heat to low and simmer everything for about 6 minutes. The cream should thicken some. Strain the cream, discarding the solids. Season with a little salt and white pepper.
- ☐ Let the cream come to room temperature before serving
- ☐ Brown the bacon until crisp in a pan set over medium heat.
- ☐ Place the fava beans in a mixing bowl and cover with boiling water. When the water is cool enough to touch, begin peeling by using your thumbnail to nick a slit in the skin. Pop the fava beans out of their skins by gently pressing each one between your thumb and index finger.
- ☐ Heat the oil in a medium skillet set over medium heat.
- ☐ Add the shallot; cook stirring occasionally, until translucent, 4–5 minutes.
- ☐ Add the garlic to the pan and cook until soft, and additional 2–3 minutes. Lower the heat to low. Then add all the different peas, (but not the fava beans) along with half of the parsley leaves. Stir to coat then add the water and wine; season with salt and pepper. Simmer the vegetables until the liquid has reduced to about ½ cup.

- ☐ Let the mixture cool slightly before proceeding.
- ☐ Add the reduced pea mixture and the reserved fava beans to the bowl of a food processor. Puree the mixture. Working in manageable sized batches layout several wonton wrappers in front of you.
- ☐ Brush the edges of each wrapper with some lightly beaten egg.
- ☐ Place about 1 tablespoon of the pea mixture onto the center of each wonton. Top with a dry wonton; pressing them together at the edges to form a good seal. You may trim the raviolis with a 3-inch round cookie cutter, or leave un-trimmed for a more rustic appearance. Repeat the process with the remaining puree. You should get about 18 raviolis. Working in batches, cook the ravioli in salted simmering water about 2 minutes. They should rise to the surface when fully cooked.
- ☐ Remove the raviolis from the water and set them aside on a parchment-lined tray. Loosely cover the tray with aluminum foil. Continue until all the raviolis are cooked. You may do this an hour or two ahead by placing them single layer on a parchment lined tray, covered with another layer of parchment. But not too far ahead as the wontons can dry out easily. When it is time to serve the ravioli, melt the butter in a very large skillet set over medium heat. When the butter gets frothy, but before it starts to turn brown, add the chicken broth and the raviolis to the skillet tossing and gently stirring them until well coated and warmed through about 3 minutes. Spoon a little of the sauce into each bowl and top with 4 or 5 raviolis.
- ☐ Garnish with a drizzle of the rosemary cream, additional parsley and some of the reserved chopped bacon bits.

Nutrition Facts



Properties

Glycemic Index:22.72, Glycemic Load:1.94, Inflammation Score:-8, Nutrition Score:13.778260821882%

Flavonoids

Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 309.68kcal (15.48%), Fat: 28.52g (43.88%), Saturated Fat: 12.54g (78.4%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 5.83g (2.12%), Sugar: 3.61g (4.01%), Cholesterol: 79.83mg (26.61%), Sodium: 584.63mg (25.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin K: 170.4µg (162.29%), Vitamin C: 28.2mg (34.18%), Vitamin A: 1648.24IU (32.96%), Folate: 45.89µg (11.47%), Vitamin E: 1.68mg (11.18%), Vitamin B1: 0.16mg (10.9%), Fiber: 2.71g (10.82%), Manganese: 0.22mg (10.76%), Phosphorus: 101.51mg (10.15%), Selenium: 6.82µg (9.74%), Vitamin B2: 0.16mg (9.24%), Vitamin B6: 0.17mg (8.44%), Iron: 1.51mg (8.42%), Vitamin B3: 1.56mg (7.8%), Potassium: 239.93mg (6.86%), Zinc: 0.94mg (6.26%), Magnesium: 23.72mg (5.93%), Copper: 0.11mg (5.64%), Calcium: 49.17mg (4.92%), Vitamin D: 0.66µg (4.42%), Vitamin B5: 0.36mg (3.64%), Vitamin B12: 0.19µg (3.17%)