



Sweet Potato Ravioli with Lemon-Sage Brown Butter

READY IN



45 min.

SERVINGS



8

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 1 large egg white lightly beaten
- ☐ 1 tablespoon sage fresh chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons parmesan cheese fresh grated

- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound sweet potatoes and into
- ☐ 6 quarts water
- ☐ 24 wonton wrappers

Equipment

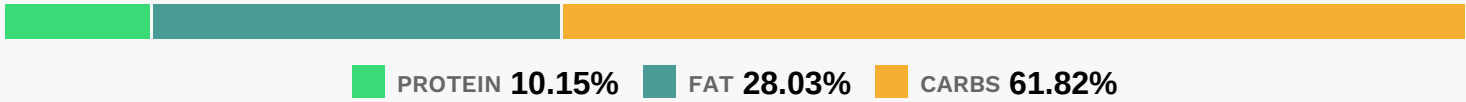
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 40
- ☐ Pierce potato several times with a fork; place on a foil-lined baking sheet.
- ☐ Bake at 400 for 40 minutes or until tender. Cool. Peel potato; mash.
- ☐ Combine potato, cheese, 1/4 teaspoon salt, cinnamon, and nutmeg in a small bowl.
- ☐ Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to keep them from drying), spoon 1 tablespoon potato mixture into center of each wrapper.
- ☐ Brush edges of dough with egg white; bring 2 opposite corners to center. Press edges together to seal, forming a triangle. Repeat procedure with remaining wonton wrappers, potato filling, and egg white.
- ☐ Bring 6 quarts water to a boil.
- ☐ Add 8 ravioli; cook 2 minutes or until done.
- ☐ Remove ravioli from pan with a slotted spoon. Lightly coat cooked wontons with cooking spray; keep warm. Repeat procedure with remaining ravioli.
- ☐ Melt butter in a small skillet over high heat.
- ☐ Add chopped sage to pan; cook 1 minute or until butter is lightly browned. Stir in remaining 1/4 teaspoon salt, juice, and pepper.

- ☐ Drizzle butter mixture over ravioli.
- ☐ Garnish with sage sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:5.65, Inflammation Score:-10, Nutrition Score:14.200869533355%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 160.82kcal (8.04%), Fat: 5.01g (7.71%), Saturated Fat: 3g (18.77%), Carbohydrates: 24.85g (8.28%), Net Carbohydrates: 22.64g (8.23%), Sugar: 2.47g (2.74%), Cholesterol: 14.16mg (4.72%), Sodium: 401.42mg (17.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Vitamin A: 8188.5IU (163.77%), Copper: 2.51mg (125.42%), Manganese: 0.38mg (19.08%), Selenium: 7.85µg (11.21%), Vitamin B1: 0.16mg (10.98%), Fiber: 2.21g (8.85%), Vitamin B2: 0.14mg (8.53%), Vitamin B3: 1.55mg (7.75%), Calcium: 71.17mg (7.12%), Magnesium: 28.42mg (7.11%), Iron: 1.21mg (6.74%), Folate: 26.4µg (6.6%), Potassium: 224.61mg (6.42%), Vitamin B6: 0.13mg (6.39%), Phosphorus: 56.01mg (5.6%), Vitamin B5: 0.48mg (4.82%), Zinc: 0.46mg (3.06%), Vitamin C: 2.09mg (2.53%), Vitamin E: 0.28mg (1.84%), Vitamin K: 1.48µg (1.41%)