



Swiss Chard Ravioli

READY IN



45 min.

SERVINGS



8

CALORIES



422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup butter ()
- ☐ 1 large eggs
- ☐ 1 large egg whites beaten to blend
- ☐ 0.5 teaspoon rosemary leaves fresh chopped
- ☐ 0.3 cup sage fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup parmesan cheese freshly grated

- ☐ 1 cup ricotta cheese
- ☐ 0.8 teaspoon salt
- ☐ 1 pound swiss chard trimmed
- ☐ 0.3 cup water
- ☐ 64 wonton wrappers (potsticker) (from two 12-ounce packages)

Equipment

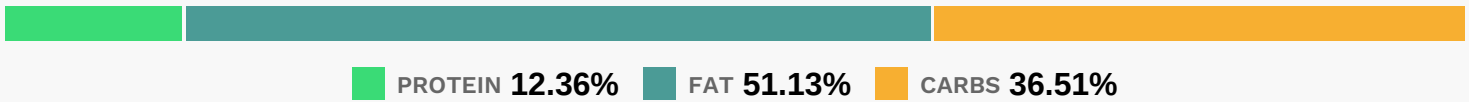
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ plastic wrap
- ☐ aluminum foil

Directions

- ☐ Bring 1/4 cup water to boil in large pot.
- ☐ Add chard leaves. Cover; cook until tender but still bright green, stirring occasionally, about 3 minutes.
- ☐ Drain. Cool slightly. Squeeze dry. Chop chard finely.
- ☐ Transfer to large bowl.
- ☐ Mix in ricotta, 1/3 cup Parmesan cheese, egg, garlic, thyme, salt, rosemary and pepper.
- ☐ Line baking sheet with foil or plastic wrap; sprinkle with flour.
- ☐ Place 1 gyoza wrapper on work surface.
- ☐ Brush surface of wrapper with some egg white. Spoon generous 1 teaspoon chard mixture into center of wrapper. Top with another wrapper. Press edges together to seal.
- ☐ Transfer to baking sheet. Repeat with remaining wrappers, egg white and chard mixture to make 32 ravioli total. (Can be made 8 hours ahead. Cover and chill.)
- ☐ Melt butter in heavy small skillet over medium heat.
- ☐ Add sage; stir 1 minute. Season with salt and pepper.

- ☐ Remove from heat.
- ☐ Working in batches, cook ravioli in large pot of boiling salted water until just tender, stirring occasionally, about 4 minutes per batch.
- ☐ Transfer ravioli to large shallow bowl.
- ☐ Pour sage butter over ravioli and toss.
- ☐ Serve, passing additional Parmesan cheese alongside, if desired.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:23.975652098656%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 422.09kcal (21.1%), Fat: 24.09g (37.07%), Saturated Fat: 14.54g (90.88%), Carbohydrates: 38.7g (12.9%), Net Carbohydrates: 36.63g (13.32%), Sugar: 0.78g (0.87%), Cholesterol: 93.84mg (31.28%), Sodium: 933.99mg (40.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.1g (26.21%), Vitamin K: 472.63µg (450.12%), Vitamin A: 4228.11IU (84.56%), Copper: 1.44mg (71.9%), Selenium: 26.4µg (37.71%), Manganese: 0.66mg (32.87%), Vitamin B2: 0.41mg (24.05%), Vitamin B1: 0.35mg (23.01%), Vitamin C: 17.53mg (21.25%), Iron: 3.39mg (18.85%), Vitamin B3: 3.54mg (17.71%), Calcium: 172.02mg (17.2%), Phosphorus: 169.27mg (16.93%), Folate: 67.39µg (16.85%), Magnesium: 65.8mg (16.45%), Vitamin E: 1.69mg (11.25%), Potassium: 330.44mg (9.44%), Zinc: 1.29mg (8.6%), Fiber: 2.08g (8.3%), Vitamin B6: 0.11mg (5.4%), Vitamin B12: 0.27µg (4.49%), Vitamin B5: 0.32mg (3.23%), Vitamin D: 0.21µg (1.39%)