



 **70%**
HEALTH SCORE

Veal Ravioli

 Dairy Free  Very Healthy

READY IN



135 min.

SERVINGS



4

CALORIES



743 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bay leaf
- 0.5 cup tomato sauce canned
- 1 small carrots diced finely
- 1 celery stalk diced finely
- 2 teaspoons fennel seeds
- 2 tablespoons parsley fresh chopped
- 1 tablespoon thyme leaves fresh minced
- 2 cloves garlic minced

- 5 large garlic cloves peeled
- 1 pound ground veal
- 0.3 cup olive oil
- 0.3 cup olive oil extra-virgin
- 1 small onion diced finely
- 3 tablespoons pinenuts toasted
- 1.5 pounds plum tomatoes cored halved
- 0.5 teaspoon pepper flakes red
- 0.3 cup purple sage fresh for garnish
- 4 servings salt and pepper freshly ground
- 0.5 cup vegetable stock canned
- 0.1 cup white wine
- 40 round wonton wrappers frozen with a damp paper towel to prevent drying thawed

Equipment


- frying pan
- baking sheet
- paper towels
- oven
- knife
- blender
- kitchen towels
- slotted spoon

Directions

- In a large saute pan set over moderately high heat, heat olive oil.
- Add chopped carrot, celery, onion, and garlic and saute until vegetables are tender.
- Add ground veal and cook, stirring, until meat is cooked through.
- In a clean spice/coffee grinder, pulverize bay leaf, red pepper flakes, and fennel seeds.

- Add spice mixture to saute pan.
- Add tomato sauce to saute pan. Cook, stirring, until almost all the liquid is evaporated, for about 2 minutes.
- Add chopped parsley and pine nuts. Season with salt and pepper, to taste.
- Put 1 wonton wrapper on a lightly floured surface, mound 1 tablespoon of the filling in the center of the wrapper, and brush the edges with water. Put a second wrapper over the first, pressing down around the filling to force out the air, seal the edges well, and trim the excess dough around the filling with a 2 1/2-inch cutter or sharp knife. Make wonton ravioli with the remaining wrappers and filling in the same manner, transferring them as they are formed to a sheet pan lightly sprinkled with cornstarch
- Bring a kettle of boiling salted water to a gentle boil and in it cook the ravioli in batches for 2 minutes, or until they rise to the surface and are tender. (Do not let the water boil vigorously once the ravioli have been added.)
- Transfer the ravioli as they are cooked with a slotted spoon to a dry kitchen towel or paper towels to drain and keep them warm.
- Preheat oven to 200 degrees F. Lightly brush a baking sheet with olive oil and arrange the tomato slices and garlic cloves in one layer.
- Sprinkle tomatoes and garlic with olive oil and season with thyme, salt and pepper.
- Drizzle with white wine. Roast the tomatoes and garlic for 1 1/2 hours.
- Transfer tomatoes and garlic to a blender and puree until smooth.
- Add stock to achieve desired consistency. Taste and adjust seasoning with salt and pepper.
- Add chiffonade of basil. Reserve sauce and keep warm.
- Wine Suggestion: Villa Antinori Chianti

Nutrition Facts

 PROTEIN **17.86%**  FAT **50.39%**  CARBS **31.75%**

Properties

Glycemic Index:113.96, Glycemic Load:3.83, Inflammation Score:-10, Nutrition Score:37.452607984128%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg, Apigenin: 4.41mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 743.44kcal (37.17%), Fat: 41.68g (64.12%), Saturated Fat: 7.55g (47.21%), Carbohydrates: 59.08g (19.69%), Net Carbohydrates: 53.35g (19.4%), Sugar: 7.59g (8.44%), Cholesterol: 99.74mg (33.25%), Sodium: 1005.35mg (43.71%), Alcohol: 0.77g (100%), Alcohol %: 0.19% (100%), Protein: 33.24g (66.47%), Manganese: 1.66mg (82.89%), Vitamin A: 4126.09IU (82.52%), Vitamin B3: 14.57mg (72.84%), Vitamin K: 76.01µg (72.39%), Selenium: 31.49µg (44.98%), Vitamin E: 6.46mg (43.05%), Vitamin C: 35.16mg (42.62%), Phosphorus: 411.74mg (41.17%), Vitamin B2: 0.7mg (40.92%), Vitamin B1: 0.61mg (40.85%), Vitamin B6: 0.79mg (39.45%), Zinc: 5.09mg (33.92%), Iron: 5.68mg (31.58%), Potassium: 1100.51mg (31.44%), Folate: 121.32µg (30.33%), Copper: 0.53mg (26.46%), Vitamin B12: 1.53µg (25.58%), Magnesium: 98.79mg (24.7%), Fiber: 5.73g (22.91%), Vitamin B5: 1.89mg (18.87%), Calcium: 119.37mg (11.94%)