



Wild Mushroom Ravioli in Porcini Broth

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 teaspoons kosher salt
- 3 cups the following: parmesan rind) dried
- 3 tablespoons sherry dry
- 0.5 cup wine dry white
- 0.8 cup spring onion thinly sliced
- 0.5 teaspoon pepper black
- 4.5 cups chicken broth
- 2 tablespoons olive oil

- 8 ounces cheese ravioli wild fresh
- 0.8 cup shallots minced
- 3 cups water

Equipment

- bowl
- sauce pan
- ladle
- sieve
- cheesecloth

Directions

- Bring 3 cups water to boil in medium saucepan.
- Add porcini.
- Remove from heat; let soak until mushrooms are soft, about 20 minutes.
- Place strainer over medium bowl; line strainer with cheesecloth. Strain mushroom soaking liquid (reserve mushrooms for another use).
- Heat oil in large saucepan over medium heat.
- Add shallots; reduce heat to medium-low and sauté until shallots are soft, about 5 minutes.
- Add mushroom soaking liquid, then chicken broth, wine, Sherry, salt, and pepper; bring to boil. Reduce heat, cover, and simmer 5 minutes. DO AHEAD Can be made 1 day ahead. Cover and refrigerate. Bring to simmer before using.
- Cook ravioli in large saucepan of boiling salted water until just tender but still firm to bite.
- Drain.
- Add ravioli to hot mushroom broth; ladle into bowls.
- Sprinkle with green onion tops and serve.

Nutrition Facts

  

 PROTEIN **16.38%**  FAT **33.5%**  CARBS **50.12%**

Properties

Glycemic Index:27.17, Glycemic Load:7.18, Inflammation Score:-4, Nutrition Score:13.506521732911%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 285.15kcal (14.26%), Fat: 10.39g (15.98%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 34.97g (11.66%), Net Carbohydrates: 30.97g (11.26%), Sugar: 4.18g (4.64%), Cholesterol: 20.41mg (6.8%), Sodium: 882.48mg (38.37%), Alcohol: 2.83g (100%), Alcohol %: 0.85% (100%), Protein: 11.43g (22.86%), Copper: 0.87mg (43.62%), Vitamin B5: 3.17mg (31.73%), Iron: 5.22mg (29%), Vitamin K: 29.3µg (27.91%), Vitamin B3: 4.56mg (22.78%), Manganese: 0.33mg (16.3%), Fiber: 4g (16.02%), Potassium: 522.16mg (14.92%), Vitamin B2: 0.25mg (14.78%), Vitamin B6: 0.28mg (13.83%), Phosphorus: 121.84mg (12.18%), Folate: 41.18µg (10.29%), Selenium: 6.92µg (9.89%), Zinc: 1.46mg (9.77%), Magnesium: 33.19mg (8.3%), Vitamin C: 5.21mg (6.31%), Vitamin E: 0.75mg (5.03%), Vitamin B1: 0.07mg (4.54%), Calcium: 43.29mg (4.33%), Vitamin D: 0.55µg (3.64%), Vitamin B12: 0.18µg (2.95%), Vitamin A: 126.72IU (2.53%)