



Wild Mushroom Ravioli with Butter and Parmesan Sauce

READY IN



25 min.

SERVINGS



8

CALORIES



418 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup basil leaves fresh
- ☐ 1 nutmeg or whole grated
- ☐ 0.7 cup parmesan grated
- ☐ 6 tablespoons pinenuts toasted
- ☐ 11 ounce mushroom ravioli wild fresh
- ☐ 1 cup butter unsalted

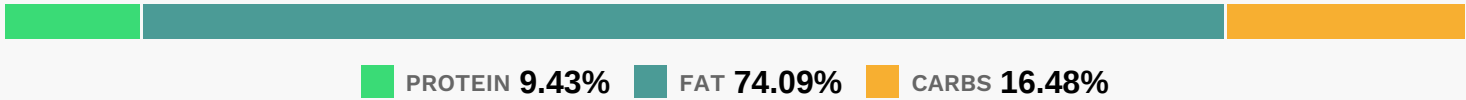
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook the ravioli in a large pot of boiling salted water until just cooked through, about 5 minutes.
- ☐ Drain and put on a platter.
- ☐ Meanwhile, cook the butter in a heavy medium frying pan over medium-high heat until pale golden, about 4 minutes.
- ☐ Add the basil leaves and cook until lightly fried, about 2 minutes.
- ☐ Add the pine nuts.
- ☐ Pour over the cooked ravioli. Grate 1/2 teaspoon of nutmeg directly over ravioli.
- ☐ Sprinkle Parmesan over dish and serve.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:5.97, Inflammation Score:-5, Nutrition Score:7.1817390931689%

Nutrients (% of daily need)

Calories: 418.05kcal (20.9%), Fat: 35g (53.85%), Saturated Fat: 17.9g (111.88%), Carbohydrates: 17.51g (5.84%), Net Carbohydrates: 16.04g (5.83%), Sugar: 1.21g (1.34%), Cholesterol: 87.72mg (29.24%), Sodium: 377.38mg (16.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.06%), Manganese: 0.69mg (34.37%), Iron: 4.61mg (25.63%), Vitamin A: 855.73IU (17.11%), Vitamin K: 12.4µg (11.81%), Calcium: 117.59mg (11.76%), Phosphorus: 109.14mg (10.91%), Vitamin E: 1.39mg (9.26%), Magnesium: 24.48mg (6.12%), Fiber: 1.47g (5.87%), Copper: 0.11mg (5.73%), Zinc: 0.76mg (5.04%), Vitamin B2: 0.06mg (3.27%), Selenium: 2.22µg (3.17%), Vitamin D: 0.47µg (3.12%), Vitamin B12: 0.15µg (2.47%), Vitamin B1: 0.03mg (2.22%), Vitamin B3: 0.38mg (1.9%), Potassium: 64.55mg (1.84%), Folate: 5.19µg (1.3%)