

## VEGETABLE RAVIOLI



Low protein diet



Dessert



Giannina

### INGREDIENTS

#### Recipe for 4

#### Dough:

- 100g courgette or pumpkin
- 60ml egg substitute
- 500g low-protein flour
- 1 tbsp. salt
- Water
- for the ravioli to be red, you can use beetroot

#### Filling:

- 50g potato

### Nutritional Values (per serving)

- Protein (brut) (g): 1.79 g (Kcal 1.48 %)
- Lipids total (g): 0.46 g (Kcal 0.86 %)
- Carbohydrates (g) 117.8 g (Kcal 97 %)
- Energy (Kcal): 481
- Polyunsaturates (g): 0
- Tryptophane (mg): 6.2
- Leucine (mg): 30
- Lysine (mg) 30
- Methionine (mg): 7
- Phenylalanine (mg): 44.6
- Tyrosine (mg) 12.3

#### Translation

American School of Barcelona

### METHOD

- Boil the courgette or pumpkin and make a puree.
- Add the egg substitute and mix until smooth. Add the salt and the low-protein flour.
- Mix and add water if needed. Let the dough rest in the fridge for a while.
- Cook the potato and mash.
- Take the dough out of the fridge, divide into two halves, roll out with the rolling pin and place a half on a ravioli mould. Fill with the potato puree.
- Brush the edges with the substitute egg and cover with the other half of the dough.
- Use the rolling pin to seal the ravioli, rolling over the mould. Then take the ravioli out of the mould.
- Cook in abundant hot water for 20 minutes. When they float up, take them out with a slotted spoon. Serve with a sauce of your choice.



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