



 8%
HEALTH SCORE

3 Cheese Ravioli

READY IN



45 min.

SERVINGS



6

CALORIES



489 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter melted
- 0.3 Cup chicken stock see
- 3 teaspoons cooking oil
- 2 large eggs beaten
- 0.7 pound flour
- 6 servings nutmeg
- 0.3 pound gruyere cheese grated
- 2 tablespoons parmesan grated
- 2 tablespoons parsley chopped

- 1 pound ricotta cheese
- 1 teaspoon salt
- 6 servings salt and pepper

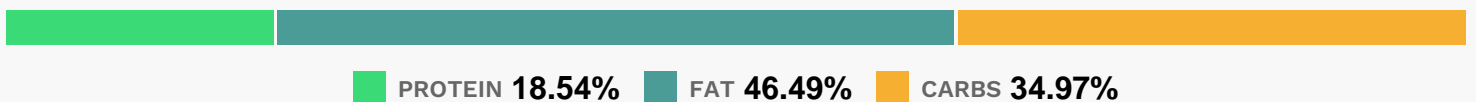
Equipment

- bowl
- pot
- rolling pin
- pizza cutter

Directions

- In a large bowl, mix the first four ingredients together (flour, egg, salt and oil). Form a ball of dough using your hands, then let it rest for about 1 hour. In another bowl, mix together: ricotta, Gruyere and Parmesan cheese, eggs, parsley – then season with nutmeg, salt and pepper. Divide the dough into 2 equal parts.
- Roll them out (using a rolling pin) to very make a large, thin rectangle.
- Place tablespoons of filling on the sheet of dough about 1 inch apart until all the filling and dough have been used up. Using a pizza cutter, cut the ravioli in squares. Boil the chicken stock or water in a large pot, then add the ravioli and let it boil in the stock for about 3–5 minutes, until cooked.
- Remove and drain the ravioli, then sprinkle melted butter and Parmesan cheese. Toss and serve hot.

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:28.87, Inflammation Score:-7, Nutrition Score:17.037826086957%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:

0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Taste

Sweetness: 12.12%, Saltiness: 100%, Sourness: 57.4%, Bitterness: 27.48%, Savoriness: 25.13%, Fattiness: 81.74%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 489.14kcal (24.46%), Fat: 25.07g (38.57%), Saturated Fat: 13.81g (86.34%), Carbohydrates: 42.43g (14.14%), Net Carbohydrates: 40.6g (14.77%), Sugar: 1.23g (1.36%), Cholesterol: 132.81mg (44.27%), Sodium: 876.56mg (38.11%), Protein: 22.49g (44.99%), Selenium: 36.58µg (52.26%), Calcium: 391.3mg (39.13%), Phosphorus: 341.64mg (34.16%), Vitamin B2: 0.54mg (31.96%), Vitamin B1: 0.44mg (29.06%), Folate: 115.33µg (28.83%), Vitamin K: 25.21µg (24.01%), Manganese: 0.42mg (20.91%), Iron: 3.13mg (17.41%), Vitamin A: 849.88IU (17%), Vitamin B3: 3.29mg (16.47%), Zinc: 2.3mg (15.36%), Vitamin B12: 0.74µg (12.26%), Magnesium: 33.78mg (8.44%), Vitamin B5: 0.76mg (7.62%), Fiber: 1.82g (7.28%), Copper: 0.14mg (6.77%), Potassium: 199.27mg (5.69%), Vitamin B6: 0.11mg (5.52%), Vitamin E: 0.82mg (5.44%), Vitamin D: 0.61µg (4.04%), Vitamin C: 1.85mg (2.25%)