

Big Daddy's Ravioli with Marinara Sauce

READY IN



70 min.

SERVINGS



6

CALORIES



622 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 large egg whites beaten
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 32 ounce tomatoes divided your favorite
- ☐ 1 pound ground meatloaf mix (veal, pork and beef)
- ☐ 3 tablespoons olive oil
- ☐ 6 servings parmesan grated for serving
- ☐ 1 cup part-skim ricotta
- ☐ 0.5 cup peas frozen

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 48 square wonton wrappers

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ pot
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ dutch oven
- ☐ cutting board
- ☐ pastry brush

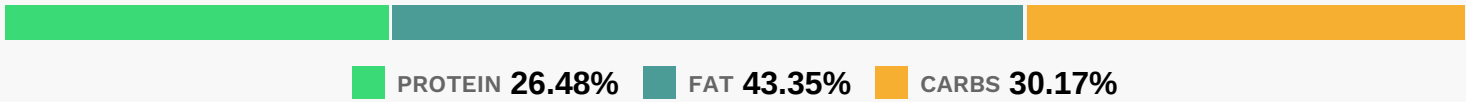
Directions

- ☐ In a large stockpot or Dutch oven over medium heat, add the olive oil and garlic.
- ☐ Saute until the garlic becomes fragrant, about 3 minutes.
- ☐ Add the meatloaf mix, half the marinara sauce and sprinkle with salt and pepper. Stir to combine, breaking up any clumps, and gently simmer, about 15 minutes.
- ☐ Remove from the heat and let the mixture cool, about 20 minutes. Stir in the ricotta, parsley and peas.
- ☐ Line a large baking sheet with plastic wrap and spray the plastic wrap with nonstick cooking spray.
- ☐ Place 1 wonton on a cutting board and spoon about 1 tablespoon of the meat mixture into the center of the wonton. Using your finger or a pastry brush, brush some egg white around the perimeter of the wonton and lay another wonton on top. Press the edges together to seal.
- ☐ Place the ravioli on the prepared baking sheet and repeat with the remaining wrappers and filling. Refrigerate until ready to use.
- ☐ Place the remaining marinara in a saucepan over low heat. To a large pot of boiling, salted water, add the ravioli in small batches. When they float, after 2 to 3 minutes, remove them to a plate lined with a clean kitchen towel.

☐

Serve the ravioli in warmed bowls with marinara and grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:35.06, Glycemic Load:3.44, Inflammation Score:-8, Nutrition Score:23.47217388775%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 622.46kcal (31.12%), Fat: 30.81g (47.4%), Saturated Fat: 11.94g (74.62%), Carbohydrates: 48.24g (16.08%), Net Carbohydrates: 44.09g (16.03%), Sugar: 6.58g (7.31%), Cholesterol: 91.53mg (30.51%), Sodium: 1674.51mg (72.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.35g (84.69%), Calcium: 526.25mg (52.63%), Selenium: 35.15µg (50.21%), Vitamin K: 45.22µg (43.07%), Phosphorus: 391.64mg (39.16%), Vitamin B2: 0.59mg (34.87%), Iron: 5.77mg (32.07%), Manganese: 0.64mg (31.94%), Vitamin B1: 0.4mg (26.98%), Vitamin A: 1317.66IU (26.35%), Vitamin B3: 5.17mg (25.85%), Vitamin C: 18.39mg (22.29%), Vitamin E: 3.31mg (22.08%), Folate: 84.28µg (21.07%), Potassium: 650.39mg (18.58%), Fiber: 4.15g (16.6%), Copper: 0.32mg (15.9%), Zinc: 2.33mg (15.51%), Magnesium: 61.3mg (15.33%), Vitamin B6: 0.24mg (11.87%), Vitamin B12: 0.51µg (8.45%), Vitamin B5: 0.78mg (7.77%), Vitamin D: 0.19µg (1.28%)