



Breaded Toasted Ravioli

READY IN



30 min.

SERVINGS



5

CALORIES



570 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup bread crumbs
- 25 ounce cheese ravioli frozen thawed
- 1 teaspoon basil dried
- 1 egg white
- 1 teaspoon oregano dried
- 2 tablespoons parmesan cheese freshly grated
- 1 teaspoon water

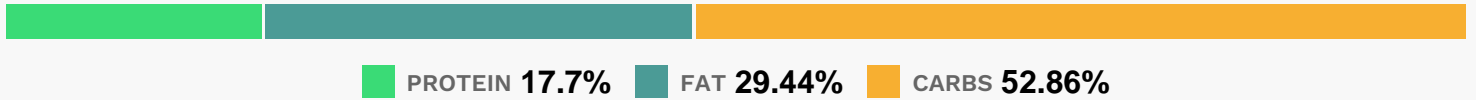
Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat an oven to 400 degrees F (200 degrees C).
- Place a wire rack on a baking sheet.
- Beat together the egg white and water in a small bowl.
- Mix bread crumbs, oregano, basil, and Parmesan cheese in a large bowl.
- Dip each ravioli in the beaten egg, and then roll in the bread crumb mixture. Spray both sides of breaded ravioli with cooking spray; place on the wire rack.
- Bake breaded ravioli in preheated oven until golden brown and crispy, 15 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:21.22, Inflammation Score:-4, Nutrition Score:9.0373913886268%

Nutrients (% of daily need)

Calories: 570.41kcal (28.52%), Fat: 18.48g (28.43%), Saturated Fat: 6.12g (38.27%), Carbohydrates: 74.67g (24.89%), Net Carbohydrates: 69.4g (25.23%), Sugar: 4.24g (4.71%), Cholesterol: 78.28mg (26.09%), Sodium: 1077.96mg (46.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.01g (50.01%), Iron: 16.18mg (89.9%), Fiber: 5.27g (21.09%), Vitamin B1: 0.21mg (14.03%), Manganese: 0.24mg (12.02%), Selenium: 7.37µg (10.52%), Calcium: 96.88mg (9.69%), Vitamin B3: 1.47mg (7.35%), Vitamin B2: 0.12mg (7.34%), Vitamin K: 7.38µg (7.02%), Folate: 25.04µg (6.26%), Phosphorus: 50.36mg (5.04%), Magnesium: 13.16mg (3.29%), Copper: 0.06mg (3.21%), Zinc: 0.43mg (2.84%), Potassium: 66.1mg (1.89%), Vitamin B12: 0.11µg (1.8%), Vitamin B6: 0.03mg (1.75%), Vitamin B5: 0.14mg (1.42%)