



## Cheese Ravioli with Fresh Tomato Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 egg yolk (set the whites aside)
- 3 large eggs
- 3 cups flour
- 1 cup parmesan grated
- 16 ounce ricotta cheese
- 1 pinch salt
- 8 servings salt and pepper black to taste
- 8 servings tomato sauce fresh

## Equipment

- food processor
- bowl
- knife
- mixing bowl
- blender
- plastic wrap
- pasta machine

## Directions

- Combine the ingredients in a food processor. Process until the dough mixture leaves the sides of the bowl.
- Remove to a mixing bowl and knead by hand for a few minutes until smooth. (If the dough is too dry, add a few drops of water.) Divide into 4 equal parts and shape them into discs. Wrap in plastic wrap and let rest for 1 hour.
- Make the ravioli filling
- Put the cheeses, salt, and pepper in a blender and pulse.
- Add the egg yolks and pulse until incorporated.
- Make the ravioli
- Roll the discs of dough into thin sheets in a pasta machine. Arrange tablespoon-size dollops of the filling 1 1/2 inches apart on one of the sheets.
- Brush a little egg white around each dollop, then place another sheet directly on top. Gently press around the filling to remove any air pockets and seal the sheets. Using a ravioli cutter or a knife, cut out ravioli squares.
- Sprinkle with flour to prevent the dough from sticking.
- Cooking the ravioli
- Cook the ravioli in plenty of boiling salted water until they float to the top, 3 to 4 minutes.
- Drain well and toss with the Fresh tomato sauce.
- Garnish with the remaining chopped basil and serve immediately.

# Nutrition Facts

PROTEIN 20.8% FAT 33.27% CARBS 45.93%

## Properties

Glycemic Index:21.75, Glycemic Load:28.55, Inflammation Score:-7, Nutrition Score:18.410434702168%

## Nutrients (% of daily need)

Calories: 388.98kcal (19.45%), Fat: 14.39g (22.14%), Saturated Fat: 7.89g (49.34%), Carbohydrates: 44.7g (14.9%), Net Carbohydrates: 41.59g (15.13%), Sugar: 4.84g (5.37%), Cholesterol: 155.77mg (51.92%), Sodium: 1056.88mg (45.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.24g (40.49%), Selenium: 35.94µg (51.34%), Vitamin B2: 0.57mg (33.69%), Phosphorus: 314.71mg (31.47%), Calcium: 305.98mg (30.6%), Folate: 119.87µg (29.97%), Vitamin B1: 0.43mg (28.34%), Manganese: 0.46mg (23.25%), Iron: 4.12mg (22.9%), Vitamin A: 1046.5IU (20.93%), Vitamin B3: 4.09mg (20.45%), Potassium: 515.84mg (14.74%), Vitamin E: 2.19mg (14.63%), Zinc: 1.95mg (12.97%), Fiber: 3.1g (12.41%), Copper: 0.24mg (12.07%), Vitamin B5: 1.18mg (11.83%), Vitamin B6: 0.22mg (11.2%), Magnesium: 42.9mg (10.73%), Vitamin C: 8.57mg (10.39%), Vitamin B12: 0.6µg (9.96%), Vitamin D: 0.79µg (5.29%), Vitamin K: 4.49µg (4.28%)