



 **53%**
HEALTH SCORE

Crabmeat Ravioli with Clam Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black
- 14.5 ounce canned tomatoes diced canned
- 28 ounce canned tomatoes crushed undrained canned
- 10 ounce clams drained canned
- 0.3 teaspoon pepper red crushed
- 1 tablespoon chives fresh chopped
- 2 tablespoons parsley fresh chopped
- 2 garlic clove minced
- 0.5 pound lump crab meat drained

- 1 tablespoon olive oil
- 0.3 cup onion finely chopped
- 1 tablespoon oregano fresh chopped
- 2 tablespoons panko bread crumbs (Japanese breadcrumbs)
- 0.5 cup part-skim ricotta
- 24 wonton wrappers
- 0.5 cup bell pepper red finely chopped
- 0.1 teaspoon salt
- 0.3 teaspoon salt

Equipment

- bowl
- frying pan
- slotted spoon
- dutch oven

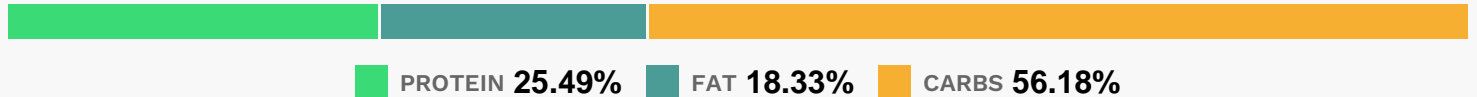
Directions

- To prepare sauce, heat olive oil in a Dutch oven over medium-high heat.
- Add onion, and saut 3 minutes or until tender.
- Add garlic, and saut 1 minute.
- Add crushed and diced tomatoes; bring to a boil. Reduce heat, and simmer 30 minutes.
- Add the parsley, oregano, 1/4 teaspoon salt, crushed red pepper, black pepper, and clams; simmer for 10 minutes.
- Remove from heat, and set aside.
- To prepare ravioli, combine crab, chopped red bell pepper, panko, chives, and 1/8 teaspoon salt in a medium bowl.
- Add ricotta; stir gently to combine. Working with 1 wonton wrapper at a time (cover remaining wrappers with a damp towel to keep them from drying), spoon about 1 tablespoon crab mixture into center of each wrapper. Moisten edges of wrapper with water. Fold in half, pinching edges together to seal and create a half-moon shape. Repeat procedure with

remaining wonton wrappers and crab mixture.

- Fill a large Dutch oven with water; bring water to a boil.
- Add half of ravioli; cook 4 minutes or until done.
- Remove ravioli from pan with a slotted spoon; keep warm. Repeat procedure with remaining ravioli.
- Serve ravioli immediately with sauce.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:4.65, Inflammation Score:-9, Nutrition Score:26.01130438434%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 263.28kcal (13.16%), Fat: 5.57g (8.57%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 38.41g (12.8%), Net Carbohydrates: 33.01g (12%), Sugar: 10.08g (11.2%), Cholesterol: 27.11mg (9.04%), Sodium: 955.64mg (41.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.42g (34.85%), Vitamin B12: 4.28µg (71.34%), Vitamin C: 40.07mg (48.57%), Selenium: 30.15µg (43.07%), Copper: 0.8mg (39.9%), Vitamin K: 41.42µg (39.45%), Manganese: 0.71mg (35.55%), Iron: 4.73mg (26.29%), Vitamin B1: 0.38mg (25.09%), Vitamin B3: 4.97mg (24.84%), Phosphorus: 238.71mg (23.87%), Zinc: 3.47mg (23.12%), Potassium: 791.05mg (22.6%), Vitamin B6: 0.45mg (22.38%), Vitamin A: 1108.09IU (22.16%), Vitamin E: 3.31mg (22.04%), Folate: 87.14µg (21.78%), Fiber: 5.4g (21.6%), Magnesium: 76.59mg (19.15%), Calcium: 185.93mg (18.59%), Vitamin B2: 0.31mg (18.23%), Vitamin B5: 0.85mg (8.5%)