



Crispy Baked Ravioli

 Dairy Free

READY IN



27 min.

SERVINGS



15

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz cheese ravioli frozen
- 2 large eggs
- 15 servings tomatoes warmed for dipping, optional
- 15 servings salt
- 1 cup seasoned bread crumbs

Equipment

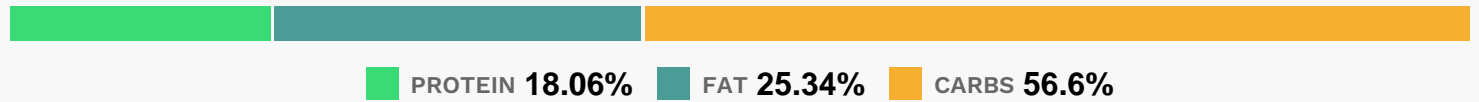
- bowl
- baking sheet

- oven
- pot
- colander

Directions

- Preheat oven to 425F. Mist a large, rimmed baking sheet with cooking spray.
- Place bread crumbs in a shallow bowl. Beat eggs in a separate shallow bowl.
- Bring a large pot of salted water to boil. Cook ravioli until softened but not fully tender, 3 to 5 minutes, depending on size and thickness.
- Drain well and let cool slightly in a colander.
- Working with 4 or 5 ravioli at a time, coat with egg and then bread crumbs.
- Place coated ravioli on prepared baking sheet. Mist tops lightly with cooking spray.
- Bake until crisp and golden brown, turning once halfway through, 10 to 12 minutes total.
- Let cool slightly and serve with marinara sauce for dipping, if desired.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:6.06, Inflammation Score:-5, Nutrition Score:7.7847826118055%

Nutrients (% of daily need)

Calories: 157.68kcal (7.88%), Fat: 4.56g (7.02%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 22.94g (7.65%), Net Carbohydrates: 19.96g (7.26%), Sugar: 5.37g (5.97%), Cholesterol: 39.17mg (13.06%), Sodium: 1054.04mg (45.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.64%), Iron: 4.45mg (24.72%), Vitamin E: 1.85mg (12.37%), Fiber: 2.99g (11.94%), Vitamin A: 581.86IU (11.64%), Potassium: 391.55mg (11.19%), Vitamin C: 8.79mg (10.66%), Manganese: 0.21mg (10.61%), Vitamin B3: 1.71mg (8.56%), Vitamin B2: 0.14mg (8.43%), Copper: 0.17mg (8.27%), Vitamin B1: 0.11mg (7.26%), Vitamin B6: 0.15mg (7.25%), Selenium: 4.76µg (6.8%), Vitamin K: 7.13µg (6.79%), Phosphorus: 60.44mg (6.04%), Folate: 23.68µg (5.92%), Magnesium: 22.86mg (5.71%), Vitamin B5: 0.53mg (5.31%), Calcium: 40.86mg (4.09%), Zinc: 0.47mg (3.14%), Vitamin B12: 0.09µg (1.46%)