



## Easy Low-Fat Cheese Ravioli

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pinch nutmeg
- 4 servings basil fresh chopped
- 2 tablespoons parmesan cheese grated
- 1 garlic clove pressed
- 4 servings tomato sauce light
- 1 eggs
- 24 wonton wrappers () (pot-sticker)
- 0.3 cup basil fresh chopped
- 0.8 cup part-skim ricotta

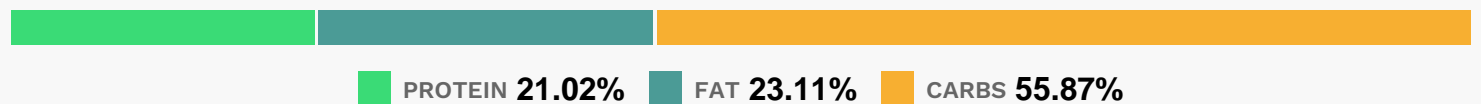
## Equipment

- bowl
- baking sheet
- pot
- slotted spoon

## Directions

- Mix first 6 ingredients in medium bowl. Season with salt and pepper.
- Place 1 rounded teaspoon filling in center of gyoza wrapper.
- Brush edge of gyoza wrapper lightly with water. Fold wrapper in half, enclosing filling completely. Pinch edges to seal.
- Transfer ravioli to baking sheet. Repeat with remaining filling and wrappers. (Can be prepared up to 2 hours ahead; refrigerate.)
- Bring large pot of salted water to boil. Carefully add ravioli to pot. Cook until ravioli are just tender, stirring gently, about 3 minutes. Using large slotted spoon, transfer ravioli to bowls.
- Pour sauce over ravioli.
- Sprinkle each with 1/2 tablespoon cheese.
- Garnish with additional basil and serve immediately.
- Per serving: calories, 270; fat, 8 g; sodium, 444 mg; cholesterol, 75 mg
- Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:71.25, Glycemic Load:2.25, Inflammation Score:-7, Nutrition Score:14.644347786903%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 254.01kcal (12.7%), Fat: 6.58g (10.13%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 35.8g (11.93%), Net Carbohydrates: 33.03g (12.01%), Sugar: 4.64g (5.15%), Cholesterol: 61.56mg (20.52%), Sodium: 955.85mg (41.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.47g (26.95%), Selenium: 25.56µg (36.52%), Manganese: 0.49mg (24.4%), Vitamin B2: 0.4mg (23.43%), Calcium: 201.05mg (20.11%), Vitamin A: 981.26IU (19.63%), Phosphorus: 195.89mg (19.59%), Vitamin B1: 0.28mg (18.76%), Vitamin B3: 3.74mg (18.71%), Iron: 3.23mg (17.93%), Vitamin K: 18.37µg (17.49%), Folate: 63.68µg (15.92%), Potassium: 492.84mg (14.08%), Vitamin E: 1.95mg (13.02%), Copper: 0.25mg (12.5%), Vitamin C: 9.45mg (11.45%), Fiber: 2.77g (11.09%), Zinc: 1.5mg (10.03%), Magnesium: 39.43mg (9.86%), Vitamin B6: 0.18mg (8.94%), Vitamin B5: 0.69mg (6.91%), Vitamin B12: 0.28µg (4.59%), Vitamin D: 0.28µg (1.86%)