



Fried Cheese Ravioli with Tomato Pepper Relish and Artichoke Caper Dip

READY IN



20 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon balsamic vinegar
- 1 tablespoon brown sugar
- 2 teaspoons capers
- 9 ounce cheese ravioli
- 1 teaspoon juice of lemon
- 6 ounce marinated artichoke hearts drained finely chopped
- 2 teaspoons mayonnaise
- 1 tablespoon parmesan grated

- 1 cup roasted peppers red drained finely chopped
- 1 roma tomato diced
- 2 tablespoons cup heavy whipping cream sour
- 4 servings vegetable oil for frying

Equipment

- bowl
- frying pan
- paper towels
- skewers

Directions

- In a straight-sided skillet, heat 2-inches of oil, over medium-high heat. Oil is ready when the tip of a wooden skewer is inserted and the oil bubbles around it. When oil is ready, carefully fry ravioli until golden brown, about 1 minute per side.
- Drain on a paper towel-lined plate.
- For Tomato Pepper Relish: In small bowl, combine red peppers and tomatoes. Stir in brown sugar and balsamic vinegar; set aside.
- For Artichoke Caper Dip: In small bowl, combine artichoke hearts, capers, mayonnaise, sour cream, parmesan cheese, and lemon juice; set aside.
- Serve ravioli hot with Tomato Pepper Relish and Artichoke Caper Dip.

Nutrition Facts



PROTEIN 12.95% **FAT 46.44%** **CARBS 40.61%**

Properties

Glycemic Index:51, Glycemic Load:9.83, Inflammation Score:-6, Nutrition Score:6.5391305610538%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 336.41kcal (16.82%), Fat: 17.29g (26.6%), Saturated Fat: 4.41g (27.59%), Carbohydrates: 34.02g (11.34%), Net Carbohydrates: 30.7g (11.16%), Sugar: 5.47g (6.07%), Cholesterol: 39.67mg (13.22%), Sodium: 1098.49mg (47.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.85g (21.7%), Iron: 7.35mg (40.86%), Vitamin C: 27.91mg (33.83%), Vitamin A: 786.26IU (15.73%), Fiber: 3.32g (13.27%), Vitamin K: 9.99µg (9.52%), Calcium: 61.48mg (6.15%), Vitamin B6: 0.08mg (4.02%), Manganese: 0.08mg (3.96%), Copper: 0.06mg (3.11%), Potassium: 103.96mg (2.97%), Vitamin E: 0.41mg (2.76%), Phosphorus: 24.93mg (2.49%), Folate: 8.98µg (2.25%), Magnesium: 7.55mg (1.89%), Vitamin B2: 0.03mg (1.74%), Vitamin B3: 0.3mg (1.52%), Vitamin B1: 0.02mg (1.12%), Zinc: 0.15mg (1.01%), Selenium: 0.7µg (1.01%)