



Fried Ravioli

READY IN



20 min.

SERVINGS



4

CALORIES



1876 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 24 cheese ravioli refrigerated
- 1 large eggs
- 2 cups tomatoes jarred
- 2 tablespoons milk
- 0.3 cup parmesan grated
- 0.7 cup seasoned bread crumbs
- 4 servings vegetable oil for frying

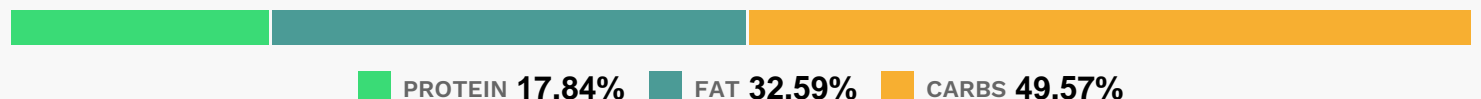
Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- whisk
- pot
- kitchen thermometer
- aluminum foil
- microwave

Directions

- Pour enough vegetable oil into a large, deep pot so that it reaches a depth of 1 inch. Warm oil over medium heat until a deep-fry thermometer registers 325F. Line a baking sheet with parchment or foil, and line a plate with paper towels
- While vegetable oil is heating, whisk together egg and milk in a shallow bowl.
- Place bread crumbs in a separate shallow bowl. Working in batches, dip ravioli into egg mixture, allowing excess to drip back into bowl, then coat with bread crumbs.
- Place coated ravioli on baking sheet. Discard remaining bread crumbs.
- Fry ravioli in batches, turning occasionally, until golden brown, about 3 minutes total. Be careful not to crowd ravioli in pan, and make sure oil comes back to 325F before adding another batch of ravioli.
- Transfer fried ravioli to lined plate to drain.
- Sprinkle fried ravioli with grated Parmesan.
- Warm marinara sauce in a pan over medium-low heat or in a microwave. Spoon sauce into 4 small bowls.
- Serve fried ravioli with warmed marinara on the side.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:78.63, Inflammation Score:-3, Nutrition Score:17.912173934605%

Nutrients (% of daily need)

Calories: 1875.93kcal (93.8%), Fat: 67.54g (103.9%), Saturated Fat: 22.25g (139.08%), Carbohydrates: 231.17g (77.06%), Net Carbohydrates: 213.76g (77.73%), Sugar: 16.17g (17.96%), Cholesterol: 327.25mg (109.08%), Sodium: 4115.28mg (178.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.17g (166.34%), Iron: 55.67mg (309.3%), Fiber: 17.4g (69.61%), Calcium: 245.77mg (24.58%), Vitamin K: 17.95µg (17.09%), Manganese: 0.33mg (16.65%), Selenium: 11.06µg (15.8%), Vitamin B1: 0.23mg (15.55%), Vitamin B2: 0.25mg (14.76%), Vitamin E: 2.19mg (14.63%), Phosphorus: 144.18mg (14.42%), Vitamin A: 697.49IU (13.95%), Potassium: 444.27mg (12.69%), Vitamin B3: 2.48mg (12.4%), Vitamin C: 9.11mg (11.05%), Folate: 41.14µg (10.28%), Copper: 0.2mg (10.04%), Vitamin B6: 0.19mg (9.29%), Magnesium: 32.72mg (8.18%), Vitamin B5: 0.75mg (7.51%), Zinc: 0.92mg (6.13%), Vitamin B12: 0.3µg (4.95%), Vitamin D: 0.36µg (2.42%)