



Fried Ravioli

READY IN



30 min.

SERVINGS



6

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups bread crumbs italian-style
- 1 cup buttermilk
- 1 box cheese ravioli store-bought (24 ravioli)
- 1 jar tomatoes store bought for dipping
- 6 servings olive oil for frying
- 0.3 cup parmesan freshly grated

Equipment

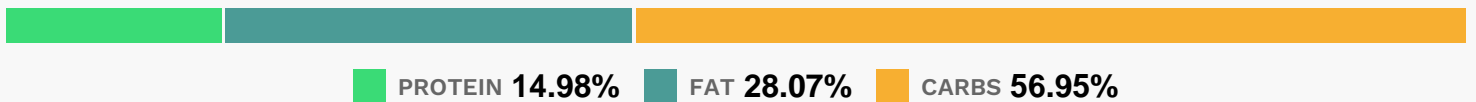
- bowl

- frying pan
- baking sheet
- paper towels
- kitchen thermometer
- slotted spoon

Directions

- Watch how to make this recipe.
- Pour enough olive oil into a large frying pan to reach a depth of 2 inches.
- Heat the oil over medium heat until a deep-fry thermometer registers 325 degrees F.
- While the oil is heating, put the buttermilk and the bread crumbs in separate shallow bowls. Working in batches, dip ravioli in buttermilk to coat completely. Allow the excess buttermilk to drip back into the bowl. Dredge ravioli in the bread crumbs.
- Place the ravioli on a baking sheet, and continue with the remaining ravioli.
- When the oil is hot, fry the ravioli in batches, turning occasionally, until golden brown, about 3 minutes. Using a slotted spoon, transfer the fried ravioli to paper towels to drain.
- Sprinkle the fried ravioli with Parmesan and serve with a bowl of warmed marinara sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:2.61, Inflammation Score:-6, Nutrition Score:12.461304239605%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 235.84kcal (11.79%), Fat: 7.47g (11.49%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 34.09g (11.36%), Net Carbohydrates: 30.76g (11.19%), Sugar: 8.26g (9.17%), Cholesterol: 7.32mg (2.44%), Sodium: 910.55mg (39.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.93%), Vitamin B1: 0.4mg (26.38%),

Manganese: 0.45mg (22.73%), Vitamin B3: 3.56mg (17.79%), Vitamin B2: 0.3mg (17.73%), Calcium: 177.14mg (17.71%), Selenium: 12.17µg (17.39%), Iron: 2.91mg (16.14%), Phosphorus: 152.92mg (15.29%), Vitamin E: 2.1mg (14.01%), Fiber: 3.32g (13.3%), Potassium: 465.02mg (13.29%), Folate: 51.01µg (12.75%), Vitamin A: 589.28IU (11.79%), Copper: 0.23mg (11.67%), Vitamin C: 7.93mg (9.62%), Magnesium: 38.31mg (9.58%), Vitamin B6: 0.17mg (8.64%), Vitamin B5: 0.72mg (7.2%), Vitamin K: 7.43µg (7.07%), Zinc: 1.04mg (6.92%), Vitamin B12: 0.36µg (6%), Vitamin D: 0.54µg (3.61%)