



Fried Ravioli with Marinara Sauce

READY IN



30 min.

SERVINGS



40

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 serving vegetable oil
- ☐ 2 eggs
- ☐ 1 cup panko bread crumbs crispy italian
- ☐ 2 oz parmesan shredded
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon salt
- ☐ 25 oz cheese ravioli frozen thawed
- ☐ 1.5 cups tomatoes

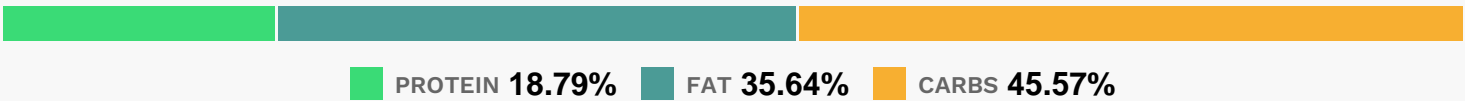
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ In 6-quart Dutch oven, heat 1 inch oil to 360°F.
- ☐ In shallow bowl, slightly beat eggs. In another shallow bowl, mix bread crumbs, cheese, garlic powder and salt. Dip thawed, uncooked ravioli in eggs, then coat with crumb mixture, shaking off excess.
- ☐ Fry ravioli, 10 at a time, in hot oil 20 to 30 seconds or until golden.
- ☐ Drain on paper towels.
- ☐ Serve with marinara sauce.

Nutrition Facts



Properties

Glycemic Index:2.9, Glycemic Load:2.82, Inflammation Score:-1, Nutrition Score:1.614782622327%

Nutrients (% of daily need)

Calories: 79.18kcal (3.96%), Fat: 3.13g (4.81%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 8.27g (3.01%), Sugar: 0.8g (0.88%), Cholesterol: 18.72mg (6.24%), Sodium: 204.26mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.41%), Iron: 2.07mg (11.47%), Fiber: 0.72g (2.88%), Calcium: 25.66mg (2.57%), Selenium: 1.45µg (2.06%), Phosphorus: 19.46mg (1.95%), Vitamin B2: 0.03mg (1.58%), Vitamin E: 0.19mg (1.26%), Manganese: 0.03mg (1.26%), Vitamin A: 62.73IU (1.25%), Vitamin B1: 0.02mg (1.23%), Potassium: 35.46mg (1.01%)