



Fried Ravioli with Vodka Sauce

READY IN



80 min.

SERVINGS



8

CALORIES



564 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings canola oil
- ☐ 3 large egg whites beaten
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 0.3 cup heavy cream
- ☐ 2 cups tomatoes
- ☐ 16 ounces tomatoes your favorite
- ☐ 1 pound ground meatloaf mix (veal, pork and beef)
- ☐ 3 tablespoons olive oil

- ☐ 1 cup part-skim ricotta
- ☐ 0.5 cup peas frozen
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 0.5 cup vodka
- ☐ 48 square wonton wrappers

Equipment

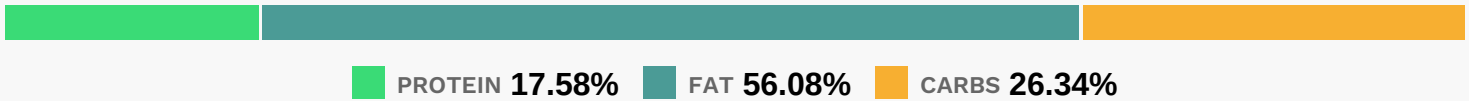
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ dutch oven
- ☐ cutting board
- ☐ pastry brush

Directions

- ☐ Preheat the oil to 375 degrees F. To a large frying pan over medium-high heat, add enough canola oil to reach a depth of 2 inches.
- ☐ In a medium saucepan over medium-low heat, add the marinara sauce, vodka and heavy cream. Stir to combine and season with salt and pepper. Reduce the heat to a simmer.
- ☐ When the oil is hot, fry the ravioli in small batches, turning occasionally with a wooden spoon. After the ravioli are golden brown, about 3 minutes, use a slotted spoon to transfer them to a paper towel-lined plate. Repeat with the remaining ravioli.
- ☐ Serve the ravioli with the vodka dipping sauce as an accompaniment.
- ☐ In a large stockpot or Dutch oven over medium heat, add the olive oil and garlic.

- ☐ Saute until the garlic becomes fragrant, about 3 minutes.
- ☐ Add the meatloaf mix, half the marinara sauce and sprinkle with salt and pepper. Stir to combine, breaking up any clumps, and gently simmer, about 15 minutes.
- ☐ Remove from the heat and let the mixture cool, about 20 minutes. Stir in the ricotta, parsley and peas.
- ☐ Line a large baking sheet with plastic wrap and spray the plastic wrap with nonstick cooking spray.
- ☐ Place 1 wonton on a cutting board and spoon about 1 tablespoon of the meat mixture into the center of the wonton. Using your finger or a pastry brush, brush some egg white around the perimeter of the wonton and lay another wonton on top. Press the edges together to seal.
- ☐ Place the ravioli on the prepared baking sheet and repeat with the remaining wrappers and filling. Refrigerate until ready to use.
- ☐ To a large pot of boiling, salted water, add the ravioli in small batches. When they float, after 2 to 3 minutes, remove them to a plate lined with a clean kitchen towel.

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:2.47, Inflammation Score:-7, Nutrition Score:15.957826147909%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 563.5kcal (28.17%), Fat: 34g (52.3%), Saturated Fat: 8.01g (50.03%), Carbohydrates: 35.93g (11.98%), Net Carbohydrates: 32.74g (11.91%), Sugar: 5.13g (5.71%), Cholesterol: 61.75mg (20.58%), Sodium: 919.16mg (39.96%), Alcohol: 5.01g (100%), Alcohol %: 2.01% (100%), Protein: 23.98g (47.97%), Vitamin K: 43.92µg (41.83%), Vitamin E: 5.02mg (33.46%), Selenium: 21.55µg (30.78%), Manganese: 0.48mg (24.13%), Iron: 4.2mg (23.33%), Vitamin B2: 0.39mg (22.82%), Vitamin B1: 0.3mg (19.87%), Vitamin B3: 3.87mg (19.34%), Vitamin A: 941.69IU (18.83%), Vitamin C: 14.16mg (17.16%), Folate: 62.35µg (15.59%), Phosphorus: 143.91mg (14.39%), Potassium: 488.16mg (13.95%), Calcium: 133.95mg (13.39%), Fiber: 3.19g (12.75%), Copper: 0.24mg (11.96%), Magnesium: 37.32mg (9.33%), Vitamin B6: 0.16mg (8.24%), Zinc: 1.15mg (7.7%), Vitamin B5: 0.51mg (5.15%), Vitamin B12: 0.12µg (2.03%)