



Italian Wonton Ravioli

READY IN



35 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup basil- and tomato-flavored feta cheese crumbled (or regular feta)
- ☐ 2 cloves garlic minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1.5 tablespoons pesto
- ☐ 0.5 cup nonfat ricotta cheese
- ☐ 2 cups chunky spaghetti sauce fat-free sweet with mushrooms and peppers
- ☐ 0.5 cup water
- ☐ 2 quarts water
- ☐ 24 wonton wrappers

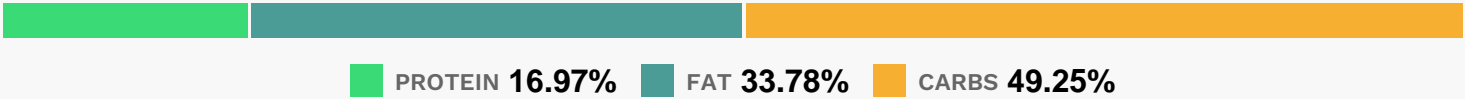
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add chopped pepper and garlic; saute 2 minutes.
- ☐ Add spaghetti sauce and 1/2 cup water. Bring to a boil; reduce heat, and simmer, uncovered, 10 minutes, stirring occasionally. Set aside, and keep warm.
- ☐ Combine cheeses and pesto in a small bowl.
- ☐ Place 1 wonton wrapper on a work surface.
- ☐ Place a second wrapper (at a one-quarter turn) on top of first wrapper, creating a star design.
- ☐ Place 1 tablespoon cheese mixture in center of star. Moisten edges of wrappers with water; fold in half, bringing edges together. Press firmly. Repeat procedure with remaining wrappers and cheese mixture.
- ☐ Bring 2 quarts water to a boil in a large saucepan over high heat.
- ☐ Add half of wontons; boil, uncovered, 1 minute.
- ☐ Remove from water, using a slotted spoon; set aside, and keep warm. Repeat procedure with remaining wontons. To serve, spoon one-fourth of spaghetti sauce mixture onto each plate. Top each serving with 3 wontons.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:2.8, Inflammation Score:-7, Nutrition Score:16.704347825569%

Flavonoids

Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 295.43kcal (14.77%), Fat: 11.25g (17.31%), Saturated Fat: 5.62g (35.1%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 33.5g (12.18%), Sugar: 5.53g (6.15%), Cholesterol: 37mg (12.33%), Sodium: 1156.94mg (50.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.44%), Vitamin C: 38.99mg (47.26%), Selenium: 20.95µg (29.92%), Vitamin B2: 0.48mg (28.27%), Manganese: 0.5mg (24.79%), Calcium: 225.49mg (22.55%), Vitamin B1: 0.32mg (21.34%), Vitamin B3: 4.06mg (20.31%), Vitamin A: 1005.16IU (20.1%), Phosphorus: 191.44mg (19.14%), Iron: 3.11mg (17.29%), Copper: 0.33mg (16.45%), Vitamin B6: 0.33mg (16.42%), Folate: 63.22µg (15.8%), Potassium: 516.1mg (14.75%), Fiber: 3.4g (13.61%), Vitamin E: 1.97mg (13.14%), Magnesium: 43.47mg (10.87%), Zinc: 1.6mg (10.7%), Vitamin B12: 0.43µg (7.19%), Vitamin B5: 0.68mg (6.83%), Vitamin K: 6.89µg (6.56%)