



Italiano Ravioli

READY IN



66 min.

SERVINGS



6

CALORIES



485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

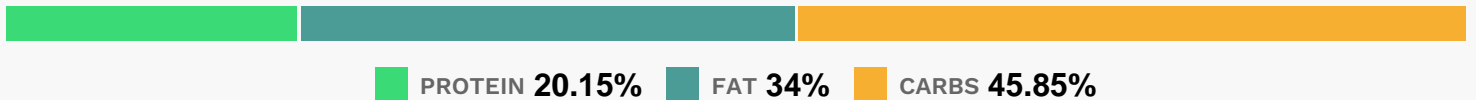
- 2 egg yolks beaten
- 1 cup italian* five cheese blend shredded kraft finely
- 15 oz polly-o original ricotta cheese
- 2 eggs whole beaten
- 72 won ton wrappers

Equipment

Directions

- Mix first 3 ingredients.
- Brush edges of wonton wrappers with egg yolks. Spoon 1-1/2 tsp. cheese mixture onto center of each wrapper; fold diagonally in half. Press edges together to seal.
- Place 36 ravioli in airtight container; freeze for later use. Cook remaining ravioli, in batches, in boiling water 2 to 3 min. or until ravioli float to top.
- Drain ravioli.
- Combine with Tomato & Bacon Sauce or Tomato-Cream Sauce. (See Tips.)

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:15.359999814759%

Nutrients (% of daily need)

Calories: 485.43kcal (24.27%), Fat: 18.2g (28%), Saturated Fat: 7.89g (49.34%), Carbohydrates: 55.24g (18.41%), Net Carbohydrates: 53.62g (19.5%), Sugar: 0.28g (0.31%), Cholesterol: 167.34mg (55.78%), Sodium: 633.51mg (27.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.54%), Selenium: 43.52µg (62.17%), Vitamin B2: 0.58mg (33.95%), Vitamin B1: 0.49mg (32.85%), Manganese: 0.59mg (29.29%), Folate: 101.56µg (25.39%), Vitamin B3: 4.97mg (24.84%), Calcium: 242.3mg (24.23%), Phosphorus: 237.32mg (23.73%), Iron: 3.71mg (20.63%), Zinc: 1.79mg (11.92%), Vitamin A: 493.71IU (9.87%), Vitamin B12: 0.51µg (8.44%), Copper: 0.16mg (8.12%), Magnesium: 27.86mg (6.96%), Fiber: 1.62g (6.48%), Vitamin B5: 0.58mg (5.78%), Vitamin B6: 0.1mg (5.17%), Vitamin D: 0.76µg (5.06%), Potassium: 175mg (5%), Vitamin E: 0.39mg (2.58%)