



Italiano Ravioli

READY IN



66 min.

SERVINGS



12

CALORIES



243 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

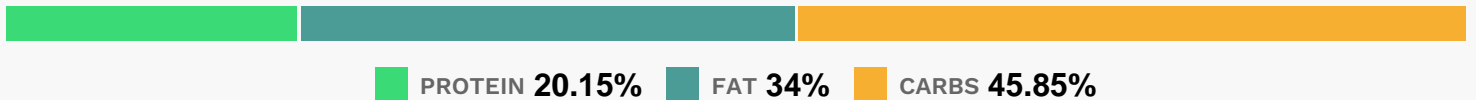
- 2 egg yolks beaten
- 1 cup italian* five cheese blend shredded kraft finely
- 15 oz polly-o original ricotta cheese
- 2 eggs whole beaten
- 72 won ton wrappers

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:2.25, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:7.6804346895736%

Nutrients (% of daily need)

Calories: 242.72kcal (12.14%), Fat: 9.1g (14%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 27.62g (9.21%), Net Carbohydrates: 26.81g (9.75%), Sugar: 0.14g (0.16%), Cholesterol: 83.67mg (27.89%), Sodium: 316.75mg (13.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.13g (24.27%), Selenium: 21.76µg (31.09%), Vitamin B2: 0.29mg (16.97%), Vitamin B1: 0.25mg (16.42%), Manganese: 0.29mg (14.65%), Folate: 50.78µg (12.69%), Vitamin B3: 2.48mg (12.42%), Calcium: 121.15mg (12.11%), Phosphorus: 118.66mg (11.87%), Iron: 1.86mg (10.32%), Zinc: 0.89mg (5.96%), Vitamin A: 246.85IU (4.94%), Vitamin B12: 0.25µg (4.22%), Copper: 0.08mg (4.06%), Magnesium: 13.93mg (3.48%), Fiber: 0.81g (3.24%), Vitamin B5: 0.29mg (2.89%), Vitamin B6: 0.05mg (2.59%), Vitamin D: 0.38µg (2.53%), Potassium: 87.5mg (2.5%), Vitamin E: 0.19mg (1.29%)