



Mama Mirabella's Ham and Cheese Ravioli

READY IN



36 min.

SERVINGS



8

CALORIES



514 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon pepper black
- 1 pound ham cooked sliced chopped
- 1 eggs with 2 tablespoons water, reserved in small bowl beaten
- 2 eggs beaten
- 0.3 cup flat-leaf parsley chopped
- 3 cloves garlic minced
- 0.5 cup parmesan cheese
- 1 teaspoon salt plus more for cooking water
- 1 pound domestic swiss cheese sliced chopped

- 1 package wonton wrappers

Equipment

- bowl
- pot
- slotted spoon
- cutting board

Directions

- Mix ham, cheese, garlic, parsley, salt, pepper, eggs, and Parmesan in a medium bowl until well mixed.
- On a dry cutting board, place 1 wonton wrapper. Use 3/4 to 1 teaspoon of filling and brush the edges of the wrapper with egg/water mixture.
- Place a second wonton wrapper on top and press edges to seal, pushing out any air bubbles. Use ravioli cutter to trim edges or leave in a square.
- Bring a large pot of water to a gentle boil.
- Add salt, to taste, after it begins to boil. Gently place ravioli into the water and return to a gentle boil until ravioli rise to the top, about 4 to 6 minutes. Use spider or slotted spoon to remove ravioli from the water and serve with your favorite gravy, or serve with butter and grated Parmesan. Enjoy!

Nutrition Facts



PROTEIN 27.82% **FAT 45.12%** **CARBS 27.06%**

Properties

Glycemic Index:18.5, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:23.872174029765%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 514.21kcal (25.71%), Fat: 25.43g (39.12%), Saturated Fat: 12.81g (80.05%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 33.16g (12.06%), Sugar: 0.12g (0.13%), Cholesterol: 144.35mg (48.12%), Sodium: 1198.71mg (52.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.28g (70.55%), Selenium: 49.11µg (70.16%), Calcium: 620.45mg (62.04%), Phosphorus: 604.93mg (60.49%), Vitamin B12: 2.7µg (44.93%), Vitamin B1: 0.61mg (40.64%), Vitamin B2: 0.59mg (34.94%), Vitamin K: 32.11µg (30.58%), Zinc: 4.49mg (29.94%), Vitamin B3: 5.16mg (25.8%), Manganese: 0.45mg (22.32%), Vitamin C: 16.06mg (19.46%), Folate: 63.71µg (15.93%), Iron: 2.85mg (15.83%), Vitamin A: 746.11IU (14.92%), Vitamin B6: 0.24mg (12.12%), Magnesium: 47.62mg (11.9%), Copper: 0.19mg (9.69%), Vitamin B5: 0.97mg (9.67%), Potassium: 284.86mg (8.14%), Fiber: 1.16g (4.64%), Vitamin E: 0.49mg (3.25%), Vitamin D: 0.25µg (1.67%)