



Manti (Turkish 'Ravioli' with Yogurt Sauce)

READY IN



20 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 9 ounce beef-filled ravioli
- ☐ 0.3 cup butter
- ☐ 1 teaspoon mint leaves dried
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon salt
- ☐ 8 ounce milk yogurt plain whole
- ☐ 1 teaspoon paprika sweet

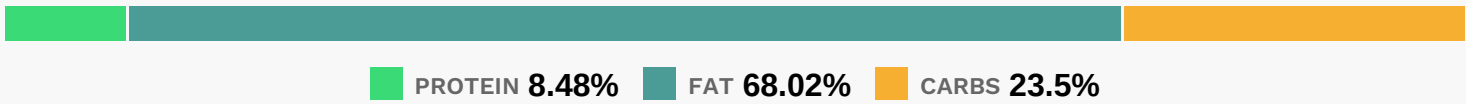
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add salt, mint, and ravioli. Cook for 3 to 5 minutes until the ravioli float to the top, then drain and keep warm.
- ☐ Meanwhile, melt butter in a small saucepan over low heat. Stir in paprika, and keep warm as the ravioli are cooking. Stir garlic into the yogurt.
- ☐ To serve, place the drained ravioli onto a serving platter or individual plates. Spoon the yogurt on top of the ravioli, then ladle paprika butter over top.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.71, Inflammation Score:-5, Nutrition Score:5.352608649627%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 202.93kcal (10.15%), Fat: 15.61g (24.01%), Saturated Fat: 9.43g (58.92%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 10.92g (3.97%), Sugar: 3.98g (4.42%), Cholesterol: 41.06mg (13.69%), Sodium: 880.3mg (38.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Vitamin A: 811.96IU (16.24%), Selenium: 7.83µg (11.19%), Phosphorus: 87.76mg (8.78%), Calcium: 86.65mg (8.67%), Vitamin B2: 0.13mg (7.75%), Manganese: 0.15mg (7.73%), Potassium: 226.77mg (6.48%), Vitamin E: 0.83mg (5.53%), Vitamin B12: 0.33µg (5.49%), Iron: 0.98mg (5.45%), Fiber: 1.21g (4.84%), Folate: 18.76µg (4.69%), Vitamin B6: 0.09mg (4.62%), Vitamin B3: 0.91mg (4.56%), Zinc: 0.65mg (4.3%), Magnesium: 16.9mg (4.22%), Vitamin B1: 0.06mg (3.97%), Vitamin B5: 0.26mg (2.62%), Copper: 0.05mg (2.54%), Vitamin K: 2.05µg (1.95%), Vitamin C: 0.91mg (1.11%)