

Mexican Raviolis

READY IN



36 min.

SERVINGS



6

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 links chorizo sausage cut into small pieces
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 0.5 teaspoon cumin
- ☐ 1 clove garlic finely minced
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 1 cup queso asadero shredded white Mexican cheese
- ☐ 1 tablespoon salt
- ☐ 14 ounce round wonton wrappers

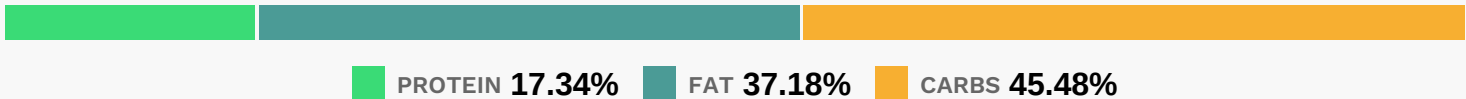
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Add chorizo to a hot skillet set over medium heat; cook, stirring, until cooked through. Set aside to cool.
- ☐ In a large bowl, stir together ricotta, queso asadero, cilantro, garlic, cumin, and salt.
- ☐ Place chorizo in a blender or food processor, and pulse until finely ground.
- ☐ Pour combined ingredients into blender, and pulse until well blended.
- ☐ Place a teaspoonful of filling on a wonton wrapper. Dip a finger in water, and wet the top half edge of the wrapper. Fold in half, and pinch the edges to seal. Set aside, and continue filling and sealing the remaining wrappers.
- ☐ Add oil and about 1 tablespoon salt to a pot of boiling water. Gently place raviolis into water, and cook until raviolis float to the top, about 6 minutes.
- ☐ Remove to plates with a slotted spoon, and serve topped with marinara sauce.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:11.893913083102%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 387.94kcal (19.4%), Fat: 15.73g (24.19%), Saturated Fat: 8.98g (56.11%), Carbohydrates: 43.28g (14.43%),
Net Carbohydrates: 41.9g (15.24%), Sugar: 2.73g (3.03%), Cholesterol: 64.04mg (21.35%), Sodium: 2214.14mg
(96.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.5g (33%), Phosphorus: 411.45mg (41.15%), Selenium:
22.2µg (31.71%), Calcium: 239.26mg (23.93%), Vitamin B1: 0.35mg (23.37%), Vitamin B2: 0.39mg (22.72%),
Manganese: 0.45mg (22.33%), Vitamin B3: 3.63mg (18.15%), Iron: 2.89mg (16.04%), Folate: 60.43µg (15.11%), Vitamin
A: 594.56IU (11.89%), Zinc: 1.42mg (9.44%), Vitamin C: 6.37mg (7.72%), Copper: 0.11mg (5.56%), Fiber: 1.37g (5.5%),
Potassium: 186.89mg (5.34%), Vitamin K: 4.7µg (4.47%), Magnesium: 17.44mg (4.36%), Vitamin B6: 0.03mg (1.64%),
Vitamin B12: 0.07µg (1.22%)