



Pan-Fried Ravioli in Vodka Sauce

READY IN



30 min.

SERVINGS



6

CALORIES



284 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 25 oz beef-filled ravioli frozen
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon butter
- ☐ 2 cloves garlic finely chopped
- ☐ 3 plum tomatoes seeded chopped (Roma)
- ☐ 25 oz pasta sauce
- ☐ 3 oz asiago cheese shredded

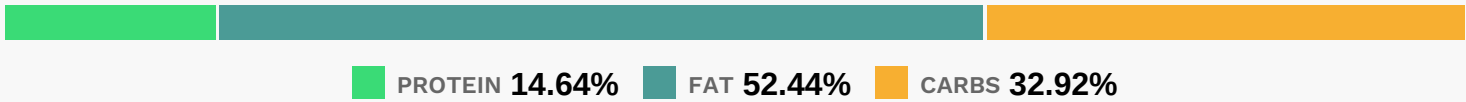
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ In 6-quart Dutch oven, heat 4 quarts water to boiling.
- ☐ Add ravioli. Cook 3 minutes; drain.
- ☐ In 12-inch nonstick skillet, heat 1 tablespoon of the oil and half of the butter over medium heat.
- ☐ Add half of the drained ravioli. Cook 3 to 4 minutes, stirring once or twice, until golden brown.
- ☐ Remove to large serving platter; cover to keep warm. Repeat with 1 tablespoon oil, the remaining butter and ravioli.
- ☐ Remove to platter.
- ☐ To same skillet, add remaining 1 tablespoon oil and the garlic. Cook over medium heat 30 to 60 seconds, stirring occasionally, until garlic is tender. Stir in tomatoes. Cook 1 to 2 minutes, stirring constantly, until hot. Stir in pasta sauce. Cook 2 to 3 minutes, stirring once, until thoroughly heated.
- ☐ Pour sauce over ravioli.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:2.56, Inflammation Score:-7, Nutrition Score:12.988695692757%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 284.22kcal (14.21%), Fat: 16.99g (26.14%), Saturated Fat: 5.46g (34.15%), Carbohydrates: 24g (8%), Net Carbohydrates: 20.06g (7.29%), Sugar: 7.47g (8.3%), Cholesterol: 15.55mg (5.18%), Sodium: 1145.13mg (49.79%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.34%), Vitamin A: 1226.19IU (24.52%), Vitamin E: 3.57mg (23.81%), Selenium: 15.38µg (21.97%), Calcium: 204.22mg (20.42%), Phosphorus: 187.02mg (18.7%), Potassium: 652.66mg (18.65%), Manganese: 0.36mg (17.86%), Fiber: 3.94g (15.75%), Vitamin C: 12.83mg (15.55%), Iron: 2.68mg (14.88%), Vitamin B3: 2.87mg (14.33%), Vitamin B2: 0.2mg (11.71%), Vitamin B6: 0.23mg (11.55%), Copper: 0.22mg (11.21%), Vitamin K: 11.17µg (10.64%), Magnesium: 41.86mg (10.47%), Folate: 41.13µg (10.28%), Zinc: 1.17mg (7.83%), Vitamin B1: 0.11mg (7.66%), Vitamin B12: 0.35µg (5.83%), Vitamin B5: 0.46mg (4.65%)