



## Quick Crisp Ravioli with Roasted Tomato Sauce

READY IN



27 min.

SERVINGS



4

CALORIES



441 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 large eggs lightly beaten
- 3 garlic clove coarsely chopped
- 4 cups grape tomatoes halved ( 2 pints)
- 3 tablespoons olive oil divided
- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 1 ounce parmesan fresh grated
- 9 ounce cheese ravioli fresh

- 0.5 teaspoon salt
- 2 tablespoons water

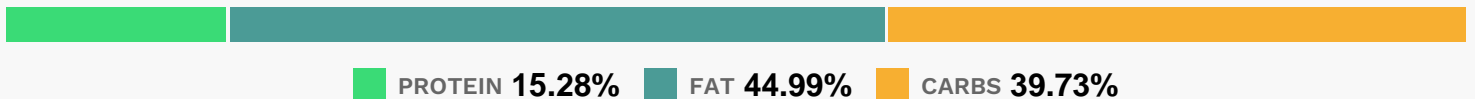
## Equipment

- frying pan
- paper towels
- slotted spoon

## Directions

- Combine 2 tablespoons water and egg in a shallow dish, stirring well.
- Combine panko and cheese in a shallow dish, stirring well with a fork. Dip each ravioli in egg mixture; dredge in panko mixture.
- Heat a large skillet over medium-high heat.
- Add 1 1/2 tablespoons oil to pan; swirl to coat.
- Add half of ravioli to pan in a single layer; saut 1 minute on each side or until golden.
- Remove ravioli from pan using a slotted spoon; drain on paper towels. Keep warm. Repeat procedure with remaining 1 1/2 tablespoons oil and ravioli. Wipe skillet with paper towels.
- Add tomatoes, salt, and pepper to pan; saut 2 minutes, stirring frequently.
- Add garlic to pan; saut 30 seconds, stirring constantly. Divide ravioli evenly among 4 plates; top each serving with 1/2 cup tomato sauce.

## Nutrition Facts



## Properties

Glycemic Index:41.5, Glycemic Load:11.36, Inflammation Score:-7, Nutrition Score:13.443913019222%

## Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg 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: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

0.9mg

## Nutrients (% of daily need)

Calories: 440.62kcal (22.03%), Fat: 22.16g (34.09%), Saturated Fat: 5.72g (35.77%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 39.68g (14.43%), Sugar: 6.25g (6.95%), Cholesterol: 85.76mg (28.59%), Sodium: 933.78mg (40.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.94g (33.87%), Iron: 8.17mg (45.41%), Vitamin A: 1364.91IU (27.3%), Vitamin C: 21.11mg (25.59%), Vitamin K: 19.48µg (18.56%), Manganese: 0.37mg (18.35%), Fiber: 4.37g (17.46%), Vitamin E: 2.48mg (16.52%), Calcium: 151.16mg (15.12%), Vitamin B1: 0.21mg (14.17%), Phosphorus: 138.09mg (13.81%), Selenium: 9.54µg (13.63%), Potassium: 417.15mg (11.92%), Folate: 44.86µg (11.21%), Vitamin B2: 0.17mg (10.12%), Vitamin B6: 0.19mg (9.67%), Vitamin B3: 1.93mg (9.63%), Copper: 0.15mg (7.36%), Magnesium: 28.32mg (7.08%), Zinc: 0.86mg (5.71%), Vitamin B5: 0.45mg (4.54%), Vitamin B12: 0.25µg (4.15%), Vitamin D: 0.29µg (1.9%)