

## RITZ Fried Ravioli

READY IN



25 min.

SERVINGS



24

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounce cheese ravioli refrigerated ( 24)
- ☐ 1 eggs
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 2 tablespoons milk
- ☐ 3 tablespoons parmesan cheese divided grated
- ☐ 20 ritz crackers
- ☐ 3 cups vegetable oil for frying

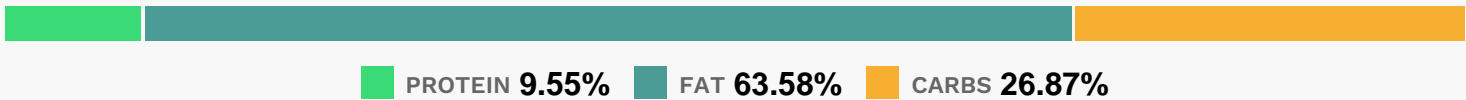
# Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

# Directions

- ☐ In a large frying pan, over medium heat, add the vegetable oil until it is about 2 inches deep.
- ☐ Heat to 325 degrees F.
- ☐ While the oil is heating, place the RITZ Crackers in a food processor and pulse until the crackers are crushed into fine crumbs.
- ☐ Pour the crumbs into a shallow dish.
- ☐ Add the garlic powder, pepper, Italian seasoning and 2 tablespoons of the parmesan cheese. Stir until all spices are evenly distributed.
- ☐ Whisk together the egg and milk in a bowl.
- ☐ Dip each ravioli in the egg mixture, then into the RITZ cracker crumbs. Be sure each ravioli is evenly coated with cracker crumbs. Shake off any excess.
- ☐ Once the oil is hot enough, add small batches of the RITZ cracker-coated ravioli into the oil. Fry for approximately 1 minute on each side. Watch closely so they do not burn; they cook quickly. When ravioli are golden brown on each side, remove from the oil and place on a paper towel-lined plate to drain.
- ☐ Sprinkle the ravioli with remaining grated parmesan cheese and (optional) chopped parsley.
- ☐ Serve with warm marinara sauce for dipping.

# Nutrition Facts



# Properties

Glycemic Index:4.96, Glycemic Load:2.15, Inflammation Score:-1, Nutrition Score:1.6947825849056%

Nutrients (% of daily need)

Calories: 114.16kcal (5.71%), Fat: 8.1g (12.46%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 7.19g (2.61%), Sugar: 0.56g (0.62%), Cholesterol: 15.17mg (5.06%), Sodium: 123.59mg (5.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Vitamin K: 11.84µg (11.28%), Iron: 1.66mg (9.24%), Vitamin E: 0.57mg (3.81%), Fiber: 0.51g (2.04%), Calcium: 16.25mg (1.62%), Phosphorus: 16.09mg (1.61%), Selenium: 0.94µg (1.34%), Vitamin B2: 0.02mg (1.14%), Manganese: 0.02mg (1.1%)