



WHATSheATE



Spinach and Three Cheese Ravioli with Sugo Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 fillet anchovy
- ☐ 2 cups baby spinach fresh finely chopped
- ☐ 16 ounce buffalo mozzarella cheese fresh shredded drained
- ☐ 56 ounce tomatoes whole crushed peeled drained canned
- ☐ 2 tablespoons capers drained
- ☐ 1 large eggs
- ☐ 0.5 bunch basil leaves fresh

- ☐ 2 garlic cloves minced
- ☐ 0.5 cup kalamata olives pitted
- ☐ 24 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 0.5 cup parmesan freshly grated
- ☐ 15 ounce ricotta cheese

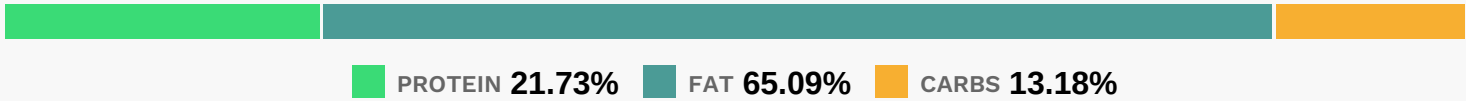
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ Make the pasta dough as directed in the master recipe.
- ☐ Combine all the ingredients in a mixing bowl, stirring to incorporate.
- ☐ To make the sauce: Coat a wide saute pan with olive oil and place over medium heat. When the oil gets hazy, add the onions, garlic, and anchovies; cook and stir for 5 minutes until fragrant and soft.
- ☐ Add the olives, capers, and hand torn basil. Carefully add the tomatoes (nothing splashes like tomatoes), cook and stir over low heat, until the liquid is cooked down and the sauce is thick, about 20 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:10.21, Glycemic Load:0.31, Inflammation Score:-6, Nutrition Score:7.2865217483562%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 132.63kcal (6.63%), Fat: 9.82g (15.11%), Saturated Fat: 4.74g (29.62%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 3.53g (1.28%), Sugar: 2.04g (2.27%), Cholesterol: 32.77mg (10.92%), Sodium: 288.06mg (12.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.75%), Calcium: 511.44mg (51.14%), Vitamin A: 997.32IU (19.95%), Vitamin K: 16.67µg (15.87%), Vitamin C: 7.33mg (8.89%), Vitamin E: 0.99mg (6.59%), Phosphorus: 63.09mg (6.31%), Selenium: 3.99µg (5.7%), Vitamin B2: 0.1mg (5.64%), Iron: 0.98mg (5.46%), Potassium: 186.44mg (5.33%), Vitamin B6: 0.1mg (5.1%), Manganese: 0.1mg (5.05%), Fiber: 0.94g (3.77%), Folate: 14.67µg (3.67%), Magnesium: 13.83mg (3.46%), Copper: 0.07mg (3.29%), Vitamin B3: 0.58mg (2.91%), Zinc: 0.42mg (2.79%), Vitamin B1: 0.04mg (2.62%), Vitamin B12: 0.11µg (1.76%), Vitamin B5: 0.17mg (1.71%)