



Toasted Ravioli

READY IN



20 min.

SERVINGS



2

CALORIES



2510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups bread crumbs italian
- 14 ounce canned tomatoes crushed canned
- 12 large spinach and cheese ravioli fresh
- 2 eggs
- 1 Handful flat-leaf parsley chopped
- 3 cloves garlic finely chopped
- 2 servings splash of milk
- 5 tablespoons olive oil extra-virgin divided
- 0.5 cup parmigiano-reggiano grated

- 1 pinch pepper flakes red
- 2 roasted peppers red drained
- 2 servings salt and pepper

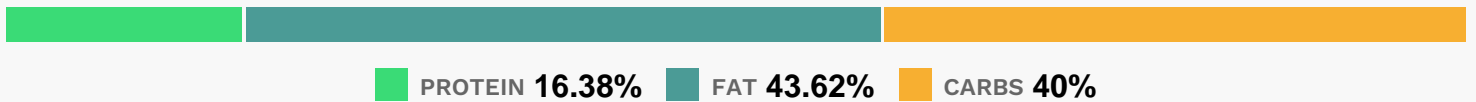
Equipment

- food processor
- bowl
- frying pan
- pot

Directions

- Beat eggs and a splash of milk seasoned with salt and pepper in a shallow dish.
- Combine bread crumbs with cheese and parsley in a second dish. Coat the fresh pasta in egg then bread crumbs.
- Heat 3 tablespoons extra-virgin olive oil over medium heat in a skillet then toast the ravioli until deep golden, 3 to 4 minutes on each side.
- In a small sauce pot heat the remaining extra-virgin olive oil and the garlic and red pepper flakes over medium low heat. Grind the roasted peppers in the food processor and add to garlic after it sautes for a couple of minutes. Stir in tomatoes and season the sauce with salt and pepper. When ready to serve, transfer sauce to a small bowl. Surround the sauce with toasted ravioli for dipping and serve.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:85.39, Inflammation Score:-8, Nutrition Score:39.232608712238%

Flavonoids

Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.08mg,

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 2509.93kcal (125.5%), Fat: 121.81g (187.39%), Saturated Fat: 38.92g (243.28%), Carbohydrates: 251.35g (83.78%), Net Carbohydrates: 231.64g (84.23%), Sugar: 37.59g (41.76%), Cholesterol: 485.36mg (161.79%), Sodium: 4745.98mg (206.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 102.91g (205.81%), Iron: 57.94mg (321.9%), Calcium: 816.94mg (81.69%), Fiber: 19.71g (78.85%), Vitamin K: 65.81µg (62.67%), Phosphorus: 593.93mg (59.39%), Vitamin E: 8.2mg (54.65%), Vitamin C: 39.53mg (47.91%), Vitamin B2: 0.76mg (44.79%), Selenium: 25.72µg (36.75%), Vitamin B12: 2.01µg (33.49%), Vitamin B6: 0.67mg (33.43%), Potassium: 1161.25mg (33.18%), Vitamin A: 1630.9IU (32.62%), Manganese: 0.53mg (26.46%), Vitamin D: 3.69µg (24.59%), Vitamin B1: 0.36mg (24.15%), Magnesium: 95.09mg (23.77%), Copper: 0.47mg (23.52%), Vitamin B5: 2.3mg (22.99%), Vitamin B3: 3.99mg (19.97%), Zinc: 2.98mg (19.84%), Folate: 70.57µg (17.64%)