



Toasted Ravioli

READY IN



45 min.

SERVINGS



10

CALORIES



244 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 oz cheese-filled ravioli refrigerated
- 1 eggs
- 0.5 cup italian-flavored seasoned bread crumbs dry
- 0.3 cup milk
- 10 servings garnish: parmesan cheese grated

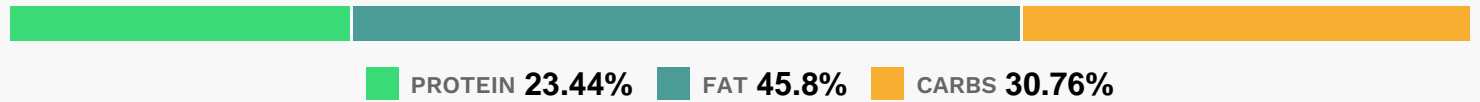
Equipment

- baking sheet
- oven

Directions

- Cook ravioli in boiling water for 3 minutes.
- Drain well and cool slightly.
- Place bread crumbs in a shallow dish. In another shallow dish, beat together milk and egg. Dip ravioli in egg mixture and let excess drip off. Dip in bread crumbs to coat.
- Place ravioli on a lightly greased baking sheet.
- Bake at 425 degrees for 15 minutes or until crisp and golden.
- Sprinkle ravioli with Parmesan cheese and serve with warm spaghetti sauce.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:3.93, Inflammation Score:-2, Nutrition Score:6.856086988164%

Nutrients (% of daily need)

Calories: 244.2kcal (12.21%), Fat: 12.36g (19.01%), Saturated Fat: 5.98g (37.39%), Carbohydrates: 18.67g (6.22%), Net Carbohydrates: 17.64g (6.42%), Sugar: 1.19g (1.32%), Cholesterol: 57.04mg (19.01%), Sodium: 771.15mg (33.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.45%), Calcium: 291.19mg (29.12%), Phosphorus: 215.69mg (21.57%), Selenium: 13.45µg (19.21%), Iron: 3.17mg (17.62%), Zinc: 1.47mg (9.78%), Vitamin B2: 0.16mg (9.23%), Vitamin B12: 0.5µg (8.3%), Vitamin A: 304.72IU (6.09%), Vitamin B1: 0.07mg (4.73%), Manganese: 0.09mg (4.3%), Fiber: 1.02g (4.09%), Magnesium: 14.52mg (3.63%), Vitamin K: 3.3µg (3.14%), Folate: 11.01µg (2.75%), Potassium: 84.28mg (2.41%), Vitamin B6: 0.05mg (2.29%), Vitamin B5: 0.23mg (2.25%), Vitamin D: 0.31µg (2.03%), Vitamin B3: 0.4mg (2.01%), Copper: 0.03mg (1.49%), Vitamin E: 0.22mg (1.45%)