



## Toasted Ravioli

READY IN



65 min.

SERVINGS



6

CALORIES



493 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 cups breadcrumbs
- ☐ 3 large eggs beaten
- ☐ 3 tablespoons parsley fresh finely chopped
- ☐ 1 teaspoon rosemary fresh finely chopped
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 6 servings tomatoes for dipping
- ☐ 1.5 cups milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.8 pound ravioli fresh (meat and/or cheese)

☐ 6 servings vegetable oil for frying

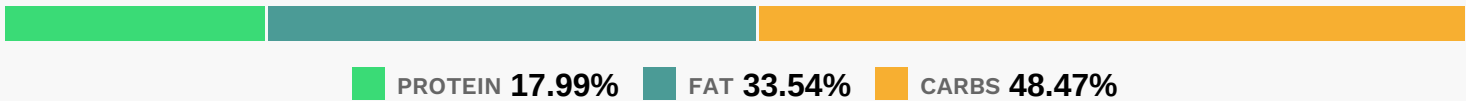
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ kitchen thermometer

## Directions

- ☐ Spread the ravioli on a baking sheet and freeze until hard, 20 to 30 minutes.
- ☐ Whisk the eggs and milk in a shallow dish or pie plate.
- ☐ Mix the breadcrumbs, parsley, rosemary and 1/2 teaspoon each salt and pepper in another shallow dish.
- ☐ Dip the ravioli in the egg mixture, letting the excess drip off, then coat with the breadcrumb mixture. Return to the baking sheet and freeze until hard, about 15 minutes.
- ☐ Heat about 1 inch vegetable oil in a deep skillet until a deep-fry thermometer registers 350 degrees F. Fry the ravioli in 2 or 3 batches, turning as needed, until golden brown, 4 to 6 minutes per batch.
- ☐ Transfer to a paper towel-lined baking sheet to drain and immediately sprinkle with the parmesan.
- ☐ Serve with the marinara sauce.
- ☐ Photograph by Andrew McCaul

## Nutrition Facts



## Properties

Glycemic Index:25.67, Glycemic Load:11.69, Inflammation Score:-7, Nutrition Score:20.025217263595%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 493.33kcal (24.67%), Fat: 18.45g (28.39%), Saturated Fat: 6.34g (39.62%), Carbohydrates: 59.99g (20%), Net Carbohydrates: 54.84g (19.94%), Sugar: 10.78g (11.97%), Cholesterol: 138.19mg (46.06%), Sodium: 1593.43mg (69.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.27g (44.54%), Iron: 9.44mg (52.42%), Vitamin K: 44.15µg (42.05%), Selenium: 21.56µg (30.8%), Vitamin B1: 0.43mg (28.38%), Vitamin B2: 0.45mg (26.7%), Calcium: 260mg (26%), Phosphorus: 257.59mg (25.76%), Manganese: 0.48mg (24.11%), Fiber: 5.15g (20.59%), Vitamin A: 1005.3IU (20.11%), Vitamin B3: 3.72mg (18.59%), Potassium: 586.95mg (16.77%), Folate: 64.85µg (16.21%), Vitamin E: 2.37mg (15.82%), Vitamin C: 11.24mg (13.62%), Vitamin B12: 0.79µg (13.17%), Copper: 0.26mg (12.89%), Vitamin B6: 0.25mg (12.6%), Vitamin B5: 1.22mg (12.23%), Magnesium: 48.11mg (12.03%), Zinc: 1.75mg (11.65%), Vitamin D: 1.21µg (8.08%)