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Meat Ravioli with Tomato Sauce

Meat ravioli is a classic Italian dish that consists of pasta filled with a savory meat mixture, served with a flavorful tomato sauce. It is a popular dish in Italian cuisine and is often enjoyed as a main course. The ravioli is made by stuffing pasta dough with a mixture of ground meat, such as beef or pork, along with herbs, spices, and cheese. The filled pasta is then cooked until tender and served with a rich tomato sauce. This recipe is perfect for meat lovers and those who enjoy hearty Italian dishes.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 60 mins

Total Time: 90 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Pasta Dough
250 g	Ground Beef
50 g	onion

2 cloves	garlic
50 g	Parmesan Cheese
1 pieces	Egg
30 g	Bread crumbs
1 tsp	Salt
1 tsp	Pepper
500 g	tomato sauce
2 tbsp	Olive oil
10 g	Basil

Directions

Step 1

Mixing

In a large bowl, combine the ground beef, onion, garlic, Parmesan cheese, egg, bread crumbs, salt, and pepper. Mix well until all ingredients are evenly incorporated.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Cutting

Roll out the pasta dough into thin sheets. Using a round cookie cutter or a glass, cut out circles from the dough.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Pressing

Place a spoonful of the meat mixture onto each pasta circle. Fold the dough in half to form a half-moon shape and press the edges to seal the ravioli.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Boiling

Bring a large pot of salted water to a boil. Cook the ravioli in batches for about 2-3 minutes or until they float to the surface. Remove with a slotted spoon and set aside.

Prep Time: 5 mins

Cook Time: 20 mins

Step 5

Simmering

In a separate saucepan, heat the olive oil over medium heat. Add the tomato sauce and basil. Simmer for 15-20 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 20 mins

Step 6

Serving

Serve the cooked ravioli with the tomato sauce. Garnish with additional Parmesan cheese and basil, if desired.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 18 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	18 g	105.88%	105.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian French

Meal Type

Snack Lunch Dinner Supper

Difficulty Level

Easy

Medium

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Course

Salads

Soups

Sauces & Dressings

Cultural

Diwali

Halloween

Cost

\$10 to \$20

Demographics

Kids Friendly

Teen Friendly

Diet

Mediterranean Diet

Volumetrics Diet

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