

Spinach Ricotta Beef Ravioli Filling

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-meat-ravioli-filling-recipe>

Ingredients:

- 1 pound ground beef
- 1 tablespoon olive oil
- 2 teaspoons butter
- 10 ounces frozen chopped spinach thawed
- 2 pounds ricotta cheese
- 2 eggs
- 2 tablespoons chopped parsley
- 1/2 cup grated Parmesan cheese
- garlic powder to your taste
- salt
- pepper
- 1 egg lightly beaten with 1 Tablespoon water to egg wash.

Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 365 milligrams
4. Fat: 60 grams
5. Fiber: 3 grams
6. Protein: 60 grams
7. SaturatedFat: 30 grams
8. Sodium: 770 milligrams
9. Sugar: 1 grams
10. TransFat: 1 grams

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