

Sample Value Listing for Meat Ravioli

Enter a wage rate for use in calculating the value of food preparation time

Hourly wage rate assumption: \$ 7.25

Click to view 100 gram values

Summary Data for Meat ravioli (Entrée)

Per serving (1 cup = 250 grams)

Click to download summary data as a PDF or Excel file

Food forms: Canned

Click to view the list of ingredients, if available

Time required for hands-on preparation of the recipe (divided by the number of servings) and multiplied by the selected wage rate

Total cost per serving = purchase price + value of preparation time

Time required to prepare and to cook each recipe or single serving

Shelf-life for the most perishable ingredient or food

Food safety concerns to keep in mind for each food form

Serving size information

Lists the food forms that can be compared to the home recipe form

Purchase price on a per-serving basis (2011 values)

Time required for hands-on preparation of the recipe multiplied by the selected wage rate

Hover over any **i** symbol for more detailed explanations of each value

Nutrients and percentage daily values for nutrients required on the nutrition facts panel

Click here to view more nutrients

If available, food group information for major food groups and components

Value Category	Home recipe	Canned
i Economic measures per serving		
i Purchase price	\$1.22	\$0.99
i Value of preparation time	\$1.27	\$0.00
i Total cost	\$2.49	\$0.99
i Economic measures per recipe		
i Active preparation time	42 minutes	Minimal
i Value of preparation time	\$5.07	\$0.00
i Cooking time	58 minutes (conventional)	4 minutes (microwave)
i Total time	100 minutes	4 minutes
i Number of servings	4	2
i Minimum shelf-life	1-2 days (ground meat)	12 months
i Food safety considerations	i Recipe with raw meat	None
i Nutrients per serving (% DV)		
Energy (kcal)	370 (18.5%)	248 (12.4%)
Total fat (g)	15.2 (23.3%)	8.5 (13.1%)
Saturated fat (g)	5 (25.1%)	3.6 (17.8%)
Polyunsaturated fat (g)	2	0.6
Monounsaturated fat (g)	6.4	4
Cholesterol (mg)	152.5 (50.8%)	12.5 (4.2%)
Sodium (mg)	1492.5 (62.2%)	885 (36.9%)
Potassium (mg)	535 (15.3%)	422.5 (12.1%)
Carbohydrates (g)	35.6 (11.9%)	34.3 (11.4%)
Total fiber (g)	2.5 (10%)	4 (16%)
Total sugars (g)	4.4	6
Protein (g)	21.9	8.5
Vitamin A (mcg)	100 (11.1%)	37.5 (4.2%)
Calcium (mg)	72.5 (7.3%)	32.5 (3.3%)
Vitamin C (mg)	7 (11.7%)	0 (0%)
Iron (mg)	4.7 (26.2%)	2.6 (14.6%)
See all nutritional data...		
i Food groups per serving		
Total Grain (ounce equivalents)	2.3	1.7
Total Vegetables (cup equivalents)	0.6	0.4
Total Meat, Poultry, Fish (ounce equivalents)	1.6	1.1
Total Egg (ounce equivalents)	0.6	0
Discretionary Fats, Solids (grams)	9.4	3.9
Added Sugars (teaspoon equivalents)	0.1	0.8
Database name	FNDDS	FNDDS
Database code	58131320	58131323
Food description	Ravioli, meat filled, with tomato sauce or meat sauce	Ravioli, meat filled, with tomato sauce or meat sauce, canned
Last updated	May 2, 2014	May 2, 2014