



Angel's Ravioli Alfredo with Mushrooms

READY IN



30 min.

SERVINGS



6

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 ounce alfredo sauce
- 3 tablespoons butter
- 20 ounce cheese ravioli
- 8 ounce mushrooms fresh sliced
- 4 cloves garlic minced
- 2 green onions finely chopped
- 2 tablespoons parmesan cheese grated
- 0.3 teaspoon pepper flakes red crushed to taste

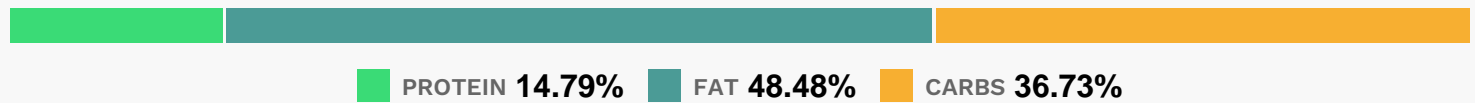
Equipment

- frying pan
- sauce pan
- pot

Directions

- Bring a large pot of water to a boil.
- Add ravioli and cook for 5 to 8 minutes or until al dente; drain.
- Heat the butter in a skillet over medium heat. Stir in the mushrooms and garlic, and cook until tender.
- In a medium saucepan over low heat, toss the cooked ravioli with the Alfredo sauce to coat.
- Mix in the mushrooms and garlic. Cook and stir until sauce is heated. Top with Parmesan cheese, green onion, and red pepper to serve.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:14.67, Inflammation Score:-1, Nutrition Score:6.6408694930699%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 469.75kcal (23.49%), Fat: 25.21g (38.79%), Saturated Fat: 11.45g (71.56%), Carbohydrates: 42.97g (14.32%), Net Carbohydrates: 39.71g (14.44%), Sugar: 3.52g (3.91%), Cholesterol: 98.52mg (32.84%), Sodium: 979.03mg (42.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.61%), Iron: 10.17mg (56.51%), Fiber: 3.26g (13.02%), Vitamin B2: 0.17mg (9.78%), Vitamin K: 8.92µg (8.5%), Vitamin B3: 1.41mg (7.07%), Copper: 0.13mg (6.55%), Selenium: 4.49µg (6.42%), Vitamin B5: 0.59mg (5.95%), Vitamin A: 254.12IU (5.08%), Phosphorus: 49.54mg (4.95%), Calcium: 43.22mg (4.32%), Potassium: 145.63mg (4.16%), Vitamin B6: 0.07mg (3.49%), Manganese: 0.06mg (3.02%), Vitamin C: 2.17mg (2.63%), Vitamin B1: 0.04mg (2.52%), Folate: 9.38µg (2.34%), Zinc:

0.32mg (2.12%), Vitamin E: 0.23mg (1.53%), Magnesium: 5.55mg (1.39%)