



Baked Pesto Ravioli

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



656 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup whipping cream
- 20 oz cheese ravioli refrigerated
- 1.5 cups tomatoes seeded chopped
- 1.5 cups baby spinach fresh packed
- 3 tablespoons basil pesto
- 1 oz monterrey jack cheese shredded

Equipment

- bowl

sauce pan

oven

Directions

Heat oven to 350°F. Spray 3–quart casserole with cooking spray.

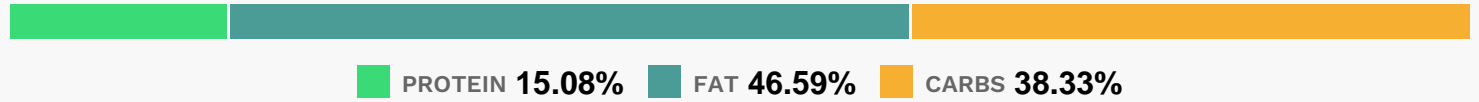
In small saucepan, heat cream to simmering. Meanwhile, in large bowl, toss ravioli, tomatoes, spinach and pesto.

Pour warm cream over mixture and toss to coat. Spoon into casserole.

Sprinkle with cheese.

Bake uncovered 15 minutes or until thoroughly heated and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:21.85, Inflammation Score:-8, Nutrition Score:13.287391144296%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 655.79kcal (32.79%), Fat: 33.95g (52.22%), Saturated Fat: 14.48g (90.51%), Carbohydrates: 62.83g (20.94%), Net Carbohydrates: 57.68g (20.97%), Sugar: 5.62g (6.24%), Cholesterol: 117.37mg (39.12%), Sodium: 1042.01mg (45.3%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 24.73g (49.46%), Iron: 15.4mg (85.56%), Vitamin K: 59.88µg (57.03%), Vitamin A: 2238.98IU (44.78%), Fiber: 5.15g (20.61%), Calcium: 135.69mg (13.57%), Vitamin C: 10.99mg (13.33%), Manganese: 0.17mg (8.28%), Folate: 32.67µg (8.17%), Vitamin B2: 0.12mg (6.79%), Phosphorus: 67.65mg (6.76%), Potassium: 229.2mg (6.55%), Vitamin E: 0.82mg (5.48%), Magnesium: 19.03mg (4.76%), Vitamin B6: 0.08mg (4.13%), Vitamin D: 0.52µg (3.46%), Zinc: 0.44mg (2.92%), Selenium: 2.03µg (2.9%), Copper: 0.05mg (2.66%), Vitamin B1: 0.04mg (2.43%), Vitamin B3: 0.44mg (2.19%), Vitamin B12: 0.11µg (1.77%), Vitamin B5: 0.15mg (1.48%)