



WHATSheATE



Butternut Squash Ravioli with Mushrooms

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



231 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz baby portobello mushrooms sliced
- ☐ 6 tablespoons butter divided
- ☐ 16 oz butternut squash-filled ravioli refrigerated
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 tablespoon sage fresh thinly sliced
- ☐ 4 garlic cloves thinly sliced
- ☐ 1 teaspoon kosher salt
- ☐ 8 servings toppings: freshly parmesan cheese fresh freshly ground shaved chopped

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 3 tablespoons shallots fresh sliced

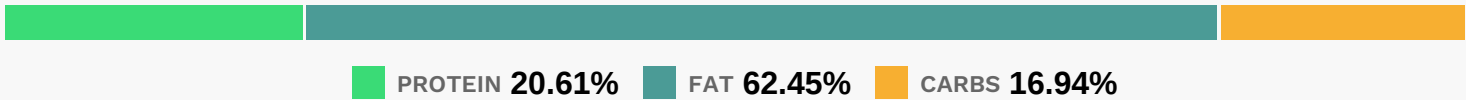
Equipment

- ☐ frying pan

Directions

- ☐ Prepare ravioli according to package directions. Keep warm.
- ☐ Melt 2 Tbsp. butter in a large skillet over medium-high heat.
- ☐ Add mushrooms; saut 3 to 5 minutes or until lightly browned.
- ☐ Add garlic and shallots; saut 2 minutes or until tender.
- ☐ Remove from skillet. Wipe skillet clean.
- ☐ Melt remaining 4 Tbsp. butter in skillet over medium-high heat; cook 2 to 3 minutes or until lightly browned. Stir in parsley, sage, and mushroom mixture.
- ☐ Add hot cooked ravioli, and toss gently. Stir in salt and pepper.
- ☐ Serve immediately with desired toppings.
- ☐ Note: We tested with Whole Foods 365 Everyday Value Butternut Squash-Filled Ravioli.
- ☐ TRY THESE TWISTS!
- ☐ Cheese Ravioli with Mushrooms: Substitute 2 (8-oz.) packages three cheese-filled ravioli for butternut squash ravioli.
- ☐ Sweet Potato Gnocchi with Mushrooms: Substitute 1 (16-oz.) package sweet potato gnocchi for ravioli.

Nutrition Facts



Properties

Glycemic Index:25.13, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:18.972173830737%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 231.18kcal (11.56%), Fat: 16.48g (25.35%), Saturated Fat: 10.37g (64.84%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 8.3g (3.02%), Sugar: 2.52g (2.8%), Cholesterol: 42.97mg (14.32%), Sodium: 844.93mg (36.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.24g (24.47%), Vitamin A: 6608.67IU (132.17%), Copper: 2.42mg (120.77%), Calcium: 396.64mg (39.66%), Phosphorus: 265.55mg (26.55%), Selenium: 12.67µg (18.11%), Vitamin K: 18.43µg (17.55%), Vitamin C: 14mg (16.98%), Manganese: 0.26mg (13.05%), Vitamin B3: 2.07mg (10.36%), Potassium: 361.06mg (10.32%), Vitamin B6: 0.19mg (9.48%), Vitamin B2: 0.16mg (9.16%), Magnesium: 35.74mg (8.93%), Vitamin E: 1.14mg (7.62%), Zinc: 1.13mg (7.52%), Vitamin B5: 0.72mg (7.22%), Folate: 28.51µg (7.13%), Fiber: 1.76g (7.03%), Vitamin B12: 0.39µg (6.53%), Vitamin B1: 0.09mg (6.27%), Iron: 0.96mg (5.32%), Vitamin D: 0.23µg (1.57%)