



## Cheese Ravioli with Fresh Tomato and Artichoke Sauce

READY IN



25 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 18 ounce cheese ravioli fresh
- 3 cloves garlic crushed
- 0.5 cup green onions chopped
- 6.5 ounce marinated artichoke hearts
- 1 teaspoon olive oil
- 2 tablespoons parmesan cheese grated
- 1 pound roma tomatoes peeled seeded chopped

0.5 teaspoon salt

## Equipment

bowl

frying pan

## Directions

Cook ravioli according to package directions.

While the pasta is cooking, prepare the sauce. In a large nonstick skillet, heat 1 tablespoon oil over a medium high heat.

Add tomatoes, artichokes, scallions, garlic, and salt and pepper. Cook 2 to 3 minutes, stirring occasionally, until vegetables are warmed through.

Remove from heat.

Drain pasta well.

Transfer to a large bowl, and toss with 1 teaspoon oil.

Add half of the sauce to the ravioli; toss gently, but thoroughly to mix.

Transfer ravioli to a large serving platter.

Pour remaining vegetable sauce over ravioli.

Garnish with Parmesan cheese.

## Nutrition Facts



**PROTEIN 16.34%** **FAT 36.56%** **CARBS 47.1%**

## Properties

Glycemic Index:28.5, Glycemic Load:13.78, Inflammation Score:-6, Nutrition Score:8.1008696476726%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

## Nutrients (% of daily need)

Calories: 348.62kcal (17.43%), Fat: 14.12g (21.72%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 40.92g (13.64%), Net Carbohydrates: 36.7g (13.34%), Sugar: 4.21g (4.67%), Cholesterol: 47.38mg (15.79%), Sodium: 869.81mg (37.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.4%), Iron: 9.47mg (52.63%), Vitamin C: 18.84mg (22.84%), Vitamin K: 23.81µg (22.68%), Vitamin A: 1034.95IU (20.7%), Fiber: 4.22g (16.89%), Manganese: 0.14mg (6.86%), Potassium: 212.4mg (6.07%), Calcium: 54.66mg (5.47%), Vitamin B6: 0.09mg (4.29%), Folate: 16.83µg (4.21%), Vitamin E: 0.56mg (3.74%), Phosphorus: 34.22mg (3.42%), Copper: 0.06mg (2.9%), Magnesium: 11.09mg (2.77%), Vitamin B3: 0.51mg (2.53%), Vitamin B1: 0.04mg (2.41%), Vitamin B2: 0.03mg (1.68%), Zinc: 0.25mg (1.68%), Selenium: 0.85µg (1.22%)