



Cheese Ravioli with Pesto

READY IN



12 min.

SERVINGS



4

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 cups baby spinach fresh
- ☐ 9 ounce cheese ravioli fresh
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.7 cup basil leaves fresh
- ☐ 2 garlic cloves
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons lower-sodium chicken broth fat-free
- ☐ 2 tablespoons olive oil
- ☐ 2 ounces parmesan cheese fresh shaved

- ☐ 0.3 cup pinenuts toasted
- ☐ 1 plum tomatoes diced
- ☐ 0.5 teaspoon salt

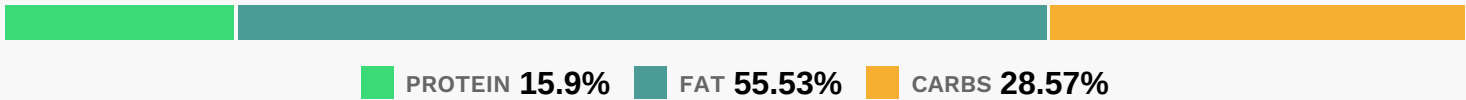
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook ravioli according to package directions; omit salt and fat.
- ☐ Drain.
- ☐ Combine spinach, basil, salt, red pepper, and garlic in a food processor. With processor running, add broth, olive oil, and lemon juice through chute until mixture is smooth.
- ☐ Combine ravioli, pesto, and tomato in medium saucepan over medium-high heat; cook 1 minute or until warm. Spoon 3/4 cup into each of 4 bowls; sprinkle each serving with 2 tablespoons cheese and about 4 teaspoons nuts.
- ☐ Garnish with basil leaves, if desired.
- ☐ Wine Match: This rich dish needs a crisp white to refresh the palate. Costamolino Vermentino di Sardegna 2010 (\$1
- ☐ is zesty and refreshing with tropical fruit and an herbal edge to match the basil. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:10.04, Inflammation Score:-8, Nutrition Score:15.279565224181%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 415.45kcal (20.77%), Fat: 26.02g (40.03%), Saturated Fat: 6.36g (39.72%), Carbohydrates: 30.13g (10.04%), Net Carbohydrates: 27.33g (9.94%), Sugar: 2.37g (2.64%), Cholesterol: 44.08mg (14.69%), Sodium: 936.42mg (40.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.76g (33.53%), Vitamin K: 76.8µg (73.14%), Manganese: 1.17mg (58.74%), Iron: 7.93mg (44.05%), Vitamin A: 1429.2IU (28.58%), Calcium: 204.52mg (20.45%), Phosphorus: 176.89mg (17.69%), Vitamin E: 2.46mg (16.41%), Magnesium: 47.43mg (11.86%), Fiber: 2.8g (11.19%), Copper: 0.2mg (9.86%), Vitamin C: 7.66mg (9.29%), Zinc: 1.25mg (8.35%), Folate: 30.09µg (7.52%), Potassium: 211.77mg (6.05%), Vitamin B2: 0.1mg (5.93%), Selenium: 3.62µg (5.18%), Vitamin B1: 0.07mg (4.37%), Vitamin B6: 0.08mg (4.23%), Vitamin B3: 0.76mg (3.81%), Vitamin B12: 0.17µg (2.83%), Vitamin B5: 0.14mg (1.43%)