



Cheese Ravioli with Toasted Walnuts

READY IN



20 min.

SERVINGS



4

CALORIES



611 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 ounce cheese ravioli fresh ()
- 0.5 cup flat-leaf parsley fresh chopped
- 1 clove garlic sliced
- 4 servings kosher salt and pepper
- 2 teaspoons juice of lemon
- 0.3 cup olive oil
- 0.3 cup parmesan grated
- 2 ounces walnuts roughly chopped

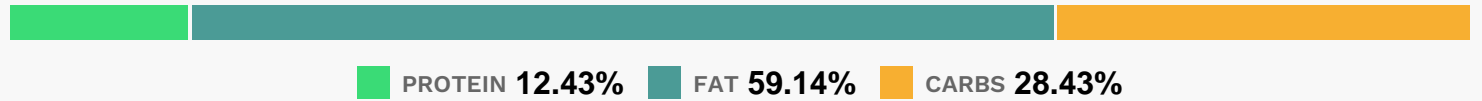
Equipment

frying pan

Directions

- Cook the ravioli according to the package directions.
- Drain, reserving 3 tablespoons of the cooking water.
- Heat the oil in a medium skillet over medium heat.
- Add the garlic and walnuts. Cook, stirring, until the nuts are lightly toasted and fragrant, about 5 minutes. Stir in the lemon juice, 1/2 teaspoon salt, 1/4 teaspoon pepper, the parsley, and the reserved cooking water.
- Add the ravioli and toss to coat. Divide among individual plates and sprinkle with the Parmesan. Substitution: For a hit of vegetables and a change of pace, use pumpkin or butternut-squash ravioli instead of cheese-filled. You can also replace the walnuts with pecans or almonds.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:15.25, Inflammation Score:-6, Nutrition Score:14.177826159026%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 611.1kcal (30.56%), Fat: 40.64g (62.53%), Saturated Fat: 8.27g (51.69%), Carbohydrates: 43.96g (14.65%), Net Carbohydrates: 39.9g (14.51%), Sugar: 2.54g (2.82%), Cholesterol: 57.83mg (19.28%), Sodium: 911.12mg (39.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.22g (38.45%), Vitamin K: 134.34µg (127.94%), Iron:

11.4mg (63.36%), Manganese: 0.51mg (25.53%), Vitamin E: 2.77mg (18.44%), Fiber: 4.06g (16.23%), Vitamin C: 11.36mg (13.77%), Vitamin A: 683.66IU (13.67%), Copper: 0.24mg (12.07%), Calcium: 119.89mg (11.99%), Phosphorus: 98.12mg (9.81%), Magnesium: 29.24mg (7.31%), Folate: 26.25µg (6.56%), Vitamin B6: 0.1mg (4.95%), Zinc: 0.7mg (4.67%), Vitamin B1: 0.06mg (3.95%), Potassium: 115.61mg (3.3%), Selenium: 2.22µg (3.17%), Vitamin B2: 0.05mg (2.97%), Vitamin B5: 0.15mg (1.47%), Vitamin B3: 0.28mg (1.41%), Vitamin B12: 0.08µg (1.25%)