



Cheese Ravioli with Tomatoes and Peppers

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



350 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup basil leaves loosely packed
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 9 ounce cheese-filled ravioli refrigerated uncooked
- ☐ 2 teaspoons garlic minced
- ☐ 1 medium size bell pepper green cut into thin strips
- ☐ 1 teaspoon olive oil
- ☐ 1 medium onion cut into thin strips
- ☐ 3 cups tomatoes fresh chopped (2 medium)

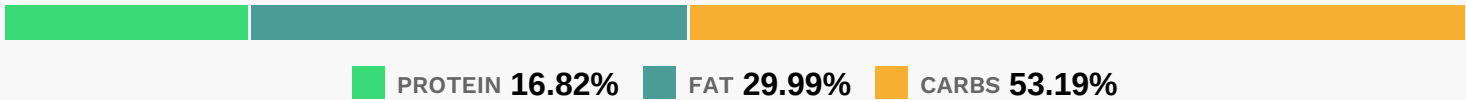
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ While pasta cooks, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add green bell pepper, onion, and garlic; cook 3 minutes or until vegetables begin to wilt. Stir in tomato, and cook 2 additional minutes or until tomatoes are soft. Stir in ground pepper and basil; remove from heat.
- ☐ Drain pasta, and place in a large serving bowl; pour sauce over pasta.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:15.43, Inflammation Score:-9, Nutrition Score:15.307391508766%

Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 9.22mg, Quercetin: 9.22mg, Quercetin: 9.22mg, Quercetin: 9.22mg

Nutrients (% of daily need)

Calories: 350.49kcal (17.52%), Fat: 11.86g (18.24%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 41.51g (15.1%), Sugar: 8.17g (9.08%), Cholesterol: 45.93mg (15.31%), Sodium: 535.64mg (23.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.93%), Vitamin C: 57.08mg (69.19%), Iron: 9.84mg (54.65%), Vitamin K: 49.71µg (47.34%), Vitamin A: 1813.58IU (36.27%), Fiber: 5.81g (23.26%), Manganese: 0.45mg (22.73%), Potassium: 514.36mg (14.7%), Vitamin B6: 0.29mg (14.54%), Folate: 38.87µg (9.72%), Copper: 0.17mg (8.59%), Vitamin E: 1.22mg (8.14%), Magnesium: 30.5mg (7.62%), Vitamin B1: 0.1mg (6.79%), Calcium: 64.32mg (6.43%), Phosphorus: 62.66mg (6.27%), Vitamin B3: 1.21mg (6.05%), Vitamin B2: 0.06mg (3.44%), Zinc:

0.46mg (3.07%), Vitamin B5: 0.25mg (2.53%)