



Chicken and Ravioli Carbonara

READY IN



30 min.

SERVINGS



4

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 oz cheese ravioli refrigerated
- 0.8 cup chicken broth (from 32-oz carton)
- 4 slices bacon crumbled cooked
- 4 servings parsley fresh chopped
- 0.5 cup half and half
- 2 tablespoons salad dressing italian
- 4 servings parmesan shredded
- 1 lb chicken breast boneless skinless cut into 1/2-inch strips

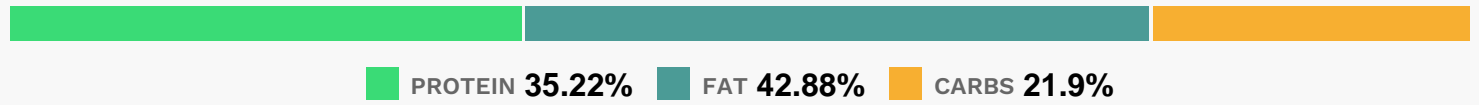
Equipment

- frying pan

Directions

- In 10-inch skillet, heat dressing over high heat. Cook chicken in dressing 2 to 4 minutes, turning occasionally, until brown.
- Add broth and ravioli to skillet.
- Heat to boiling; reduce heat to medium. Cook uncovered about 4 minutes or until ravioli are tender and almost all broth has evaporated.
- Stir in half-and-half; reduce heat. Simmer uncovered 3 to 5 minutes or until sauce is hot and desired consistency (cook longer for a thicker sauce).
- Sprinkle with bacon, cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:9.85, Inflammation Score:-6, Nutrition Score:23.136086816373%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 557.23kcal (27.86%), Fat: 26.11g (40.16%), Saturated Fat: 11.36g (71.03%), Carbohydrates: 30g (10%), Net Carbohydrates: 28.05g (10.2%), Sugar: 3.74g (4.16%), Cholesterol: 146.81mg (48.94%), Sodium: 1393.78mg (60.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.25g (96.49%), Selenium: 48.38µg (69.12%), Vitamin K: 70.65µg (67.29%), Vitamin B3: 12.94mg (64.7%), Phosphorus: 511.25mg (51.12%), Vitamin B6: 0.94mg (47.13%), Iron: 7.71mg (42.85%), Calcium: 415.07mg (41.51%), Vitamin B5: 1.95mg (19.49%), Vitamin B2: 0.32mg (18.83%), Potassium: 562.99mg (16.09%), Vitamin A: 718.73IU (14.37%), Zinc: 1.92mg (12.83%), Magnesium: 50.98mg (12.74%), Vitamin B12: 0.74µg (12.34%), Vitamin B1: 0.15mg (10.15%), Vitamin C: 6.98mg (8.46%), Fiber: 1.96g (7.83%), Vitamin E: 0.59mg (3.94%), Folate: 13.62µg (3.41%), Copper: 0.07mg (3.26%), Manganese: 0.05mg (2.7%), Vitamin D: 0.3µg

(1.97%)