



## Creamy Spinach-Parmesan Ravioli

READY IN



20 min.

SERVINGS



6

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 cups tightly baby spinach leaves packed
- 18 oz cheese ravioli refrigerated uncooked
- 6 cherry tomatoes quartered
- 0.5 cup philadelphia chive & onion cream cheese spread ()
- 2 Tbsp optional: dill fresh chopped
- 1 lemon zest
- 1 cup milk
- 0.3 cup parmesan cheese divided grated kraft

# Equipment

frying pan

# Directions

Cook pasta as directed on package, omitting salt.

Meanwhile, cook cream cheese spread and milk in large skillet on medium heat 1 to 2 min. or until cream cheese is completely melted and mixture is well blended, stirring frequently.

Add 1/4 cup Parmesan, spinach, dill and lemon zest; mix well.

Drain pasta.

Add to cream cheese sauce; mix lightly. Top with tomatoes and remaining Parmesan.

# Nutrition Facts



# Properties

Glycemic Index:20.67, Glycemic Load:13.54, Inflammation Score:-8, Nutrition Score:13.48478254028%

# Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

# Nutrients (% of daily need)

Calories: 380.25kcal (19.01%), Fat: 16.71g (25.71%), Saturated Fat: 7.38g (46.11%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 37.14g (13.51%), Sugar: 4.8g (5.33%), Cholesterol: 66.16mg (22.05%), Sodium: 718.7mg (31.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.97g (33.94%), Vitamin K: 97.27µg (92.64%), Iron: 9.57mg (53.18%), Vitamin A: 2250.95IU (45.02%), Calcium: 149.85mg (14.99%), Vitamin C: 10.9mg (13.21%), Fiber: 3.1g (12.4%), Folate: 41.59µg (10.4%), Manganese: 0.2mg (10.21%), Phosphorus: 82.26mg (8.23%), Vitamin B2: 0.11mg (6.66%), Potassium: 219.91mg (6.28%), Magnesium: 23.89mg (5.97%), Vitamin B12: 0.28µg (4.6%), Vitamin B6: 0.08mg (4.13%), Vitamin E: 0.55mg (3.64%), Selenium: 2.52µg (3.6%), Zinc: 0.48mg (3.2%), Vitamin D: 0.47µg (3.12%), Vitamin B1: 0.05mg (3.09%), Copper: 0.04mg (2.1%), Vitamin B5: 0.2mg (2.04%), Vitamin B3: 0.29mg (1.44%)