



Easy Cheesy Chicken Ravioli

READY IN



50 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup carrots shredded
- 8 ounce cream cheese with chive and onion soft-style
- 6 ounces ground chicken raw
- 1.5 cups four cheese pasta sauce classico®
- 60 5-inch wonton wrappers

Equipment

- paper towels
- oven

- mixing bowl
- slotted spoon
- dutch oven

Directions

- For filling, in a medium mixing bowl stir together the chicken or turkey, cream cheese, and carrot.
- Place about 1 tablespoon of the filling in the center of each wrapper.
- Brush edges with water. Fold 1 corner over to the opposite corner, forming a triangle. To seal, press edges together or use a pastry wheel. Cook 2 servings of the ravioli immediately and freeze the remaining ravioli as directed.
- To eat two: Prepare Classico® Four Cheese pasta sauce. Meanwhile, in a Dutch oven bring a large amount of water and 1 tablespoon cooking oil to boiling. Drop 2 servings of the ravioli into the boiling water. Reduce heat. Simmer, uncovered, for 3 to 4 minutes or until no pink remains in chicken or turkey; remove with a slotted spoon.
- Drain on paper towels. Spoon the Classico® Four Cheese pasta sauce in the center of 2 individual plates. Arrange the cooked ravioli on top of the sauce. If desired, garnish with fresh basil.
- Place 2 servings of the ravioli in a freezer container. Seal, label, and freeze container for up to 3 months. To serve, prepare Classico® Four Cheese pasta sauce as directed. Meanwhile, in a Dutch oven bring a large amount of water and 1 tablespoon cooking oil to boiling. Drop the frozen ravioli into the boiling water. Reduce heat. Simmer, uncovered, for 5 to 6 minutes or until no pink remains in chicken or turkey; remove with a slotted spoon.
- Drain on paper towels. Spoon the pasta sauce in the center of 2 individual plates. Arrange the cooked ravioli on top of the pasta sauce. If desired, garnish with fresh basil.

Nutrition Facts

 **PROTEIN 16.16%**  **FAT 62.99%**  **CARBS 20.85%**

Properties

Glycemic Index:29.71, Glycemic Load:2.67, Inflammation Score:-9, Nutrition Score:12.494347779647%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 328.24kcal (16.41%), Fat: 23.47g (36.11%), Saturated Fat: 12.51g (78.2%), Carbohydrates: 17.48g (5.83%), Net Carbohydrates: 15.6g (5.67%), Sugar: 5.78g (6.42%), Cholesterol: 95.19mg (31.73%), Sodium: 730.36mg (31.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.55g (27.1%), Vitamin A: 2497.87IU (49.96%), Vitamin B3: 4.22mg (21.13%), Vitamin B2: 0.35mg (20.82%), Selenium: 14µg (20%), Vitamin B6: 0.36mg (17.75%), Phosphorus: 176.12mg (17.61%), Potassium: 607.59mg (17.36%), Vitamin E: 1.98mg (13.19%), Vitamin B5: 1.1mg (10.97%), Vitamin B1: 0.16mg (10.97%), Manganese: 0.22mg (10.92%), Iron: 1.82mg (10.12%), Copper: 0.17mg (8.46%), Vitamin C: 6.9mg (8.37%), Zinc: 1.24mg (8.24%), Calcium: 80.1mg (8.01%), Magnesium: 31.77mg (7.94%), Fiber: 1.87g (7.49%), Folate: 28.22µg (7.05%), Vitamin B12: 0.37µg (6.1%), Vitamin K: 5.16µg (4.91%)