Easy Cheesy Ravioli

READY IN	SERVINGS	CALORIES
25 min.	6	462 kcal

SIDE DISH | LUNCH | MAIN COURSE | MAIN DISH

Ingredients

- [ ] 18 oz cheese ravioli refrigerated
- [ ] 8 oz philadelphia chive & onion cream cheese spread
- [ ] 1 cup italian* five cheese blend shredded kraft
- [ ] 1 cup peas frozen
- [ ] 1 bell pepper red chopped

Equipment

- [ ] frying pan

Directions

- [ ] Cook pasta as directed on package, omitting salt.
- [ ] Drain pasta, reserving 1 cup of the cooking water.
- [ ] Cook and stir peppers in large nonstick skillet on medium heat 5 min. or until crisp-tender.
- [ ] Add 3/4 cup of the reserved water, cream cheese spread and peas; cook and stir 2 to 3 min. or until cream cheese is melted and peas are heated through.
- [ ] Add pasta; stir to evenly coat. If sauce is too thick, thin with remaining reserved cooking water. Top with shredded cheese.

Nutrition Facts

PROTEIN **18.16%** FAT **44.87%** CARBS **36.97%**

Properties

Glycemic Index:19.22, Glycemic Load:13.91, Inflammation Score:-7, Nutrition Score:8.5847825796708%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 461.61kcal (23.08%), Fat: 23.06g (35.47%), Saturated Fat: 9.37g (58.54%), Carbohydrates: 42.75g (14.25%), Net Carbohydrates: 38.52g (14.01%), Sugar: 5.08g (5.64%), Cholesterol: 73.1mg (24.37%), Sodium: 737.61mg (32.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.99%), Iron: 9.32mg (51.78%), Vitamin C: 35.05mg (42.49%), Vitamin A: 1164.95IU (23.3%), Fiber: 4.23g (16.91%), Calcium: 107.13mg (10.71%), Vitamin K: 6.97µg (6.63%), Folate: 24.83µg (6.21%), Manganese: 0.12mg (6.06%), Vitamin B1: 0.08mg (5%), Vitamin B6: 0.1mg (4.93%), Vitamin B3: 0.7mg (3.5%), Phosphorus: 31.26mg (3.13%), Potassium: 100.82mg (2.88%), Vitamin B2: 0.05mg (2.87%), Magnesium: 10.35mg (2.59%), Zinc: 0.35mg (2.33%), Vitamin E: 0.34mg (2.3%), Copper: 0.05mg (2.3%)