



Farmstand Ravioli with Zucchini

READY IN



30 min.

SERVINGS



8

CALORIES



276 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 oz canned tomatoes diced undrained canned
- 16 oz cheese ravioli frozen
- 2 cloves garlic
- 3 Tbsp olive oil divided
- 0.3 cup parmesan cheese divided grated kraft
- 1 small onion red cut into 1/2-inch-thick slices
- 3 zucchini cut in half lengthwise

Equipment

sauce pan

grill

Directions

Heat grill to medium heat.

Cook ravioli in large saucepan as directed on package, omitting salt. Meanwhile, brush zucchini and onions evenly with 2 Tbsp. oil; sprinkle with 2 Tbsp. cheese. Grill 5 min. on each side or until crisp-tender.

Remove from grill; cut into 1-inch pieces.

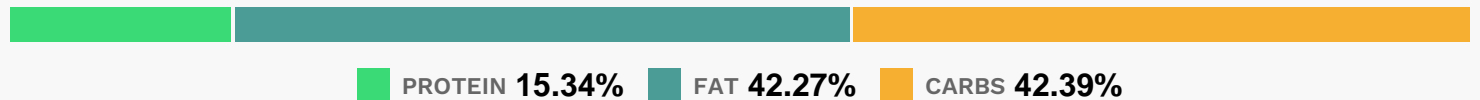
Drain ravioli; set aside. Cook and stir garlic in remaining oil in same saucepan on medium heat 3 min.

Add tomatoes; simmer on medium-low heat 5 min., stirring occasionally.

Add ravioli; stir to evenly coat.

Add grilled vegetables; mix lightly. Top with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:9.07, Inflammation Score:-4, Nutrition Score:7.6199999990839%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 276.22kcal (13.81%), Fat: 13.14g (20.22%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 26.52g (9.65%), Sugar: 4.79g (5.32%), Cholesterol: 33.34mg (11.11%), Sodium: 484.66mg (21.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.46%), Iron: 6.77mg (37.64%), Vitamin C: 19.19mg (23.26%), Fiber: 3.12g (12.48%), Vitamin B6: 0.21mg (10.26%), Manganese: 0.2mg (10.13%), Potassium: 317.32mg (9.07%), Vitamin E: 1.21mg (8.09%), Vitamin K: 7.93µg (7.55%), Calcium: 71.23mg (7.12%), Vitamin B2: 0.11mg (6.63%), Phosphorus: 62.64mg (6.26%), Folate: 24.57µg (6.14%), Magnesium: 21.54mg (5.38%), Vitamin A: 234.49IU

(4.69%), Vitamin B1: 0.06mg (4.32%), Copper: 0.08mg (4.16%), Vitamin B3: 0.72mg (3.6%), Zinc: 0.47mg (3.16%),
Vitamin B5: 0.24mg (2.42%), Selenium: 1.47µg (2.1%)