



Farmstand Ravioli with Zucchini

READY IN



30 min.

SERVINGS



8

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

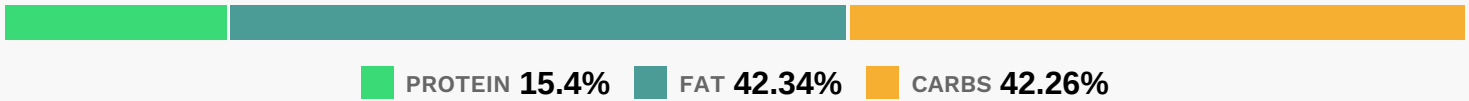
Equipment

- ☐ 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:18.63, Glycemic Load:9.6, Inflammation Score:-5, Nutrition Score:8.0286956575254%

Flavonoids

Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 276.74kcal (13.84%), Fat: 13.18g (20.27%), Saturated Fat: 3.51g (21.93%), Carbohydrates: 29.59g (9.86%), Net Carbohydrates: 26.36g (9.59%), Sugar: 4.92g (5.46%), Cholesterol: 33.34mg (11.11%), Sodium: 413.75mg (17.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.57%), Iron: 6.42mg (35.64%), Vitamin C: 21.45mg (26%), Fiber: 3.22g (12.89%), Vitamin A: 602.4IU (12.05%), Manganese: 0.22mg (11.08%), Vitamin K: 10.5µg (10%), Potassium: 342.5mg (9.79%), Vitamin B6: 0.19mg (9.46%), Vitamin E: 1.14mg (7.61%), Folate: 28.17µg (7.04%), Phosphorus: 65.21mg (6.52%), Calcium: 60.44mg (6.04%), Vitamin B2: 0.09mg (5.54%), Magnesium: 21.54mg (5.38%), Vitamin B1: 0.06mg (4.05%), Copper: 0.08mg (3.91%), Vitamin B3: 0.66mg (3.3%), Zinc: 0.49mg (3.27%),

Vitamin B5: 0.23mg (2.27%), Selenium: 1.42µg (2.02%)