



Fresh Ravioli with Turkey and Pine Nuts

READY IN



45 min.

SERVINGS



4

CALORIES



713 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 20 ounce cheese ravioli fresh
- 2 garlic cloves minced
- 2 tablespoons olive oil
- 0.3 cup parmesan freshly grated
- 0.3 cup pinenuts
- 2 cups turkey cubed sliced
- 1 tablespoon butter unsalted

Equipment

frying pan

Directions

- Cook a (20-ounce) package of fresh cheese ravioli according to the label directions. In a large skillet, cook 2 minced garlic cloves in 2 tablespoons olive oil until softened.
- Add 2 cups sliced or cubed turkey, the cooked ravioli, 1/4 cup pine nuts, and 1 tablespoon unsalted butter and heat through.
- Remove from heat and sprinkle with 1/4 cup freshly grated Parmesan.

Nutrition Facts

 **PROTEIN 19.69%**  **FAT 46.47%**  **CARBS 33.84%**

Properties

Glycemic Index:24, Glycemic Load:21.41, Inflammation Score:-2, Nutrition Score:13.863913002221%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 712.59kcal (35.63%), Fat: 36.78g (56.58%), Saturated Fat: 10.47g (65.45%), Carbohydrates: 60.26g (20.09%), Net Carbohydrates: 55.86g (20.31%), Sugar: 3.23g (3.59%), Cholesterol: 124.1mg (41.37%), Sodium: 1031.32mg (44.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.06g (70.13%), Iron: 15.81mg (87.83%), Manganese: 0.78mg (38.76%), Vitamin B3: 4.19mg (20.96%), Phosphorus: 185.98mg (18.6%), Fiber: 4.4g (17.59%), Selenium: 12.3µg (17.57%), Vitamin B6: 0.33mg (16.5%), Vitamin E: 1.94mg (12.91%), Vitamin B12: 0.69µg (11.45%), Calcium: 112.79mg (11.28%), Zinc: 1.62mg (10.81%), Magnesium: 36.8mg (9.2%), Vitamin K: 9.14µg (8.7%), Vitamin B2: 0.13mg (7.92%), Copper: 0.16mg (7.83%), Potassium: 174.37mg (4.98%), Vitamin B5: 0.47mg (4.71%), Vitamin B1: 0.06mg (4.01%), Vitamin A: 166.69IU (3.33%), Folate: 6.94µg (1.73%), Vitamin D: 0.23µg (1.55%)