Fresh Tomato Ravioli

READY IN	SERVINGS	CALORIES
15 min.	4	342 kcal

SIDE DISH · LUNCH · MAIN COURSE · MAIN DISH

Ingredients

- [ ] 9 oz cheese ravioli refrigerated uncooked
- [ ] 2 cups cherry tomatoes cut in half
- [ ] 0.3 cup basil fresh chopped
- [ ] 1 clove garlic minced
- [ ] 0.5 cup italian* five cheese blend shredded kraft finely
- [ ] 0.3 cup sun tomato vinaigrette dressing dried kraft

Equipment

- [ ] frying pan

Directions

☐ Cook pasta as directed on package, omitting salt.

☐ Meanwhile, heat dressing in large skillet on medium-low heat.

☐ Add garlic; cook 2 min. Stir in tomatoes; cook 2 min. or until heated through, stirring occasionally.

☐ Drain pasta.

☐ Add to tomato mixture with basil; mix lightly. Top with cheese.

Nutrition Facts

PROTEIN 15.74% **FAT 49.15%** **CARBS 35.11%**

Properties

Glycemic Index:34.75, Glycemic Load:9.63, Inflammation Score:-4, Nutrition Score:6.4034783244133%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 342.38kcal (17.12%), Fat: 18.96g (29.16%), Saturated Fat: 4.49g (28.05%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 28.08g (10.21%), Sugar: 3.53g (3.93%), Cholesterol: 37.24mg (12.41%), Sodium: 428.7mg (18.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.32%), Iron: 7.23mg (40.15%), Vitamin K: 23.76µg (22.63%), Vitamin C: 17.49mg (21.2%), Fiber: 2.39g (9.54%), Vitamin A: 443.5IU (8.87%), Vitamin E: 1.15mg (7.67%), Manganese: 0.11mg (5.4%), Calcium: 52.96mg (5.3%), Potassium: 171.09mg (4.89%), Vitamin B6: 0.07mg (3.52%), Copper: 0.06mg (3.19%), Folate: 10.73µg (2.68%), Phosphorus: 22.85mg (2.28%), Vitamin B3: 0.42mg (2.08%), Magnesium: 7.85mg (1.96%), Vitamin B1: 0.03mg (1.92%), Vitamin B2: 0.02mg (1.08%), Selenium: 0.73µg (1.05%), Vitamin B5: 0.1mg (1.04%)