



Green Bean Alfredo with Cheese Ravioli

READY IN



43 min.

SERVINGS



6

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 pound cheese-filled ravioli frozen
- ☐ 0.8 cup chicken broth dry white
- ☐ 1 pound green beans fresh
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 0.8 teaspoon pepper freshly ground
- ☐ 6 servings garnish: rosemary sprigs fresh

☐ 1.5 cups whipping cream

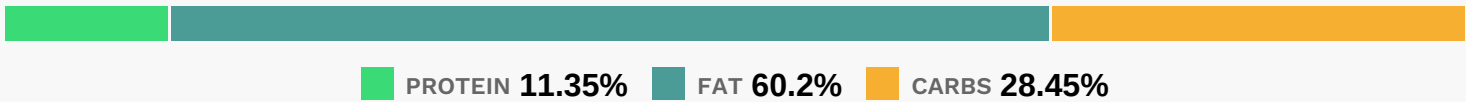
Equipment

☐ frying pan

Directions

- ☐ Cook pasta according to package directions; keep warm.
- ☐ Melt butter in a large nonstick skillet over medium-high heat; add green beans, garlic, and rosemary, and saut 6 minutes or until beans are crisp-tender.
- ☐ Remove mixture, and set aside.
- ☐ Add whipping cream to skillet, and bring to a boil, stirring constantly. Cook, stirring constantly, 10 minutes.
- ☐ Return green bean mixture to skillet; add wine and pepper, and cook 5 minutes. Stir in 2 tablespoons cheese.
- ☐ Serve over ravioli, and sprinkle evenly with remaining 2 tablespoons cheese.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:13.09, Inflammation Score:-8, Nutrition Score:11.521304431169%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 571.2kcal (28.56%), Fat: 37.31g (57.41%), Saturated Fat: 18.54g (115.9%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 35.34g (12.85%), Sugar: 6.05g (6.72%), Cholesterol: 110.89mg (36.96%), Sodium: 621.58mg (27.03%), Alcohol: 3.09g (100%), Alcohol %: 1.55% (100%), Protein: 15.83g (31.66%), Iron: 8.92mg (49.54%), Vitamin A: 1684.04IU (33.68%), Vitamin K: 35.03µg (33.36%), Fiber: 4.33g (17.33%), Calcium: 140.72mg (14.07%), Vitamin B2: 0.21mg (12.55%), Manganese: 0.25mg (12.52%), Vitamin C: 9.97mg (12.08%), Phosphorus: 101.16mg (10.12%), Vitamin B6: 0.16mg (8.09%), Vitamin E: 1.09mg (7.25%), Magnesium: 29.01mg (7.25%), Potassium: 252.45mg (7.21%), Folate: 28.38µg (7.09%), Vitamin D: 0.97µg (6.49%), Vitamin B1: 0.08mg (5.37%), Selenium: 3.36µg (4.81%), Vitamin B5: 0.37mg (3.7%), Copper: 0.07mg (3.41%), Zinc: 0.49mg (3.28%), Vitamin B3: 0.65mg (3.25%), Vitamin B12: 0.15µg (2.54%)