



## Grilled Vegetables and Ravioli

READY IN



10 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 9 ounces cheese ravioli refrigerated
- 0.3 cup parmesan shredded
- 1 teaspoon garlic
- 1 small onion red cut into fourths
- 0.5 teaspoon salt
- 0.3 cup vegetable oil
- 2 medium bell pepper green red yellow seeded
- 2 small zucchini

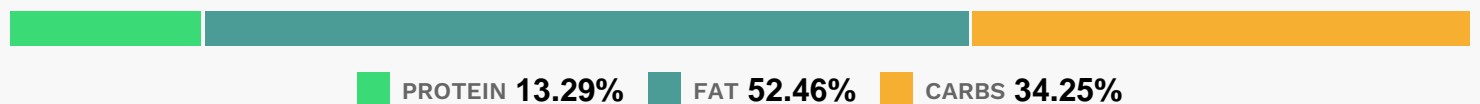
## Equipment

- sauce pan
- grill

## Directions

- Spray grill rack with cooking spray.
- Heat coals or gas grill for direct heat.
- Mix 2 tablespoons of the oil, the garlic pepper and salt.
- Brush on cut sides of vegetables.
- Cover and grill zucchini, bell peppers and onion, cut sides down, 10 to 12 minutes, brushing occasionally with oil mixture, until crisp-tender.
- While vegetables are grilling, cook and drain ravioli as directed on package. Return to saucepan.
- Cut zucchini crosswise into 1/4-inch slices.
- Cut bell peppers into slices. Separate onion into pieces. Toss ravioli, vegetables, remaining 2 tablespoons oil, the basil and thyme; heat through.
- Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index: 37, Glycemic Load: 10.6, Inflammation Score: -6, Nutrition Score: 11.782608838833%

## Flavonoids

Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

## Nutrients (% of daily need)

Calories: 391.4kcal (19.57%), Fat: 23.09g (35.53%), Saturated Fat: 5.69g (35.59%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 30.01g (10.91%), Sugar: 5.4g (6%), Cholesterol: 38.69mg (12.9%), Sodium: 792.1mg (34.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.17g (26.34%), Vitamin C: 60.67mg (73.54%), Iron: 7.21mg (40.04%), Vitamin K: 32.23µg (30.69%), Fiber: 3.91g (15.64%), Vitamin B6: 0.28mg (13.87%), Manganese: 0.23mg (11.35%), Calcium: 110.01mg (11%), Vitamin E: 1.43mg (9.5%), Potassium: 307.08mg (8.77%), Phosphorus: 86.82mg (8.68%), Vitamin A: 387.58IU (7.75%), Folate: 25.8µg (6.45%), Vitamin B2: 0.1mg (5.95%), Magnesium: 22.26mg (5.57%), Vitamin B1: 0.08mg (5.14%), Copper: 0.09mg (4.29%), Zinc: 0.49mg (3.29%), Vitamin B3: 0.61mg (3.03%), Selenium: 1.77µg (2.53%), Vitamin B5: 0.25mg (2.46%), Vitamin B12: 0.08µg (1.25%)