



## Italiano Ravioli with Tomato & Bacon

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups arugula
- 6 slices oscar mayer bacon cooked chopped
- 2 cups cherry tomatoes halved
- 0.3 cup chicken broth fat-free reduced-sodium
- 1 small onion chopped
- 0.5 recipe italiano ravioli cooked (36 ravioli)
- 3 Tbsp tuscan house dressing italian kraft

### Equipment

frying pan

## Directions

- Heat dressing in large skillet on medium-high heat.
- Add tomatoes and onions; cook and stir 5 to 6 min. or until onions are tender.
- Stir in bacon and broth; cook 2 min. or until sauce comes to boil.
- Add hot cooked Italiano Ravioli and arugula; toss to coat.

## Nutrition Facts

 **PROTEIN 12.48%**  **FAT 67.65%**  **CARBS 19.87%**

## Properties

Glycemic Index:6.53, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:1.9930434816557%

## Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## Nutrients (% of daily need)

Calories: 59.45kcal (2.97%), Fat: 4.5g (6.92%), Saturated Fat: 1.37g (8.59%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.63g (0.96%), Sugar: 1.13g (1.25%), Cholesterol: 7.34mg (2.45%), Sodium: 123.5mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin C: 5.29mg (6.41%), Vitamin K: 5.13µg (4.88%), Vitamin A: 164.84IU (3.3%), Iron: 0.53mg (2.94%), Selenium: 2.04µg (2.92%), Vitamin B3: 0.5mg (2.49%), Vitamin B6: 0.05mg (2.45%), Vitamin B1: 0.04mg (2.37%), Potassium: 80.99mg (2.31%), Phosphorus: 21.83mg (2.18%), Manganese: 0.04mg (1.89%), Folate: 6.09µg (1.52%), Vitamin E: 0.23mg (1.51%), Fiber: 0.34g (1.37%), Magnesium: 4.75mg (1.19%), Copper: 0.02mg (1.19%), Zinc: 0.15mg (1.03%)