



Italiano Ravioli with Tomato-Cream Sauce

READY IN



20 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 oz philadelphia cream cheese cubed ()
- 0.5 cup chicken broth fat-free reduced-sodium
- 1 Tbsp parsley fresh chopped
- 1 small onion finely chopped
- 0.8 lb plum tomatoes chopped
- 0.5 recipe italiano ravioli cooked (36 ravioli)
- 2 Tbsp tuscan house dressing italian kraft

Equipment

frying pan

Directions

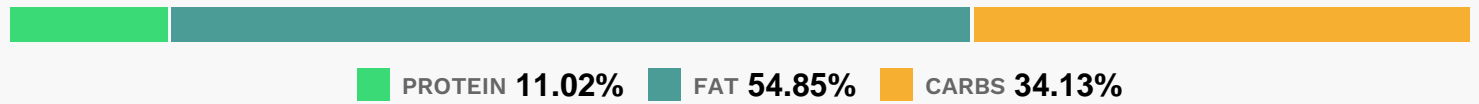
Heat dressing in large skillet on medium-high heat.

Add tomatoes and onions; cook and stir 5 to 6 min. or until onions are tender.

Stir in broth and cream cheese; cook 3 min. or until cream cheese is melted and sauce is well blended, stirring frequently. Gently stir in Italiano Ravioli; cook 2 to 3 min. or until heated through.

Top with parsley.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:2.03, Inflammation Score:-5, Nutrition Score:4.0482608701872%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 84.28kcal (4.21%), Fat: 5.28g (8.13%), Saturated Fat: 2.35g (4.7%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 6.3g (2.29%), Sugar: 3.05g (3.38%), Cholesterol: 13.37mg (4.46%), Sodium: 203.06mg (8.83%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.39g (4.78%), Vitamin K: 17.85µg (17%), Vitamin A: 654.56IU (13.09%), Vitamin C: 9.49mg (11.51%), Iron: 1.01mg (5.59%), Potassium: 177.18mg (5.06%), Fiber: 1.1g (4.41%), Manganese: 0.09mg (4.27%), Vitamin B6: 0.07mg (3.55%), Vitamin E: 0.5mg (3.35%), Folate: 12.72µg (3.18%), Phosphorus: 30.29mg (3.03%), Vitamin B3: 0.48mg (2.4%), Vitamin B2: 0.04mg (2.37%), Copper: 0.05mg (2.26%), Magnesium: 9mg (2.25%), Calcium: 21.2mg (2.12%), Vitamin B1: 0.03mg (2.09%), Selenium: 1.39µg (1.98%), Vitamin B5: 0.14mg (1.44%), Zinc: 0.18mg (1.18%)