



Pasta with Burst Tomatoes and Mascarpone

READY IN



15 min.

SERVINGS



6

CALORIES



709 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup butter cubed
- 24 oz cheese-filled ravioli frozen
- 2 garlic cloves chopped
- 3 pt grape tomatoes assorted
- 0.5 cup torn herbs fresh assorted (such as parsley and basil)
- 0.8 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 8 oz mascarpone cheese

- 2 tablespoons olive oil
- 1 large tomatoes chopped

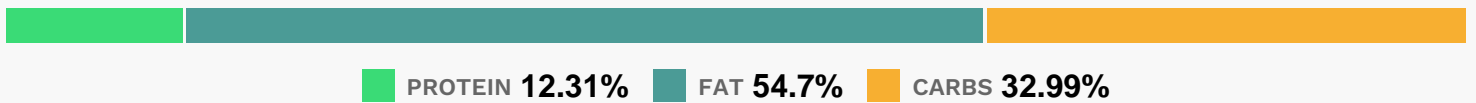
Equipment

- bowl
- frying pan
- oven
- broiler

Directions

- Prepare pasta according to package directions.
- Meanwhile, preheat broiler with oven rack 4 to 5 inches from heat. Stir together tomatoes, garlic, and olive oil in a 15- x 10-inch jelly-roll pan. Broil 5 to 8 minutes or until tomatoes are charred, stirring halfway through.
- Transfer tomato mixture to a large bowl. Stir in butter, next 3 ingredients, and 1/4 cup fresh herbs. Spoon over hot cooked ravioli; dollop with cheese.
- Sprinkle with remaining 1/4 cup fresh herbs.
- Serve immediately.
- Note: We tested with Celentano Cheese Ravioli.

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:19.86, Inflammation Score:-9, Nutrition Score:19.88826076492%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin:

1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 708.88kcal (35.44%), Fat: 43.33g (66.66%), Saturated Fat: 20.61g (128.8%), Carbohydrates: 58.78g (19.59%), Net Carbohydrates: 52.12g (18.95%), Sugar: 9.41g (10.46%), Cholesterol: 119.37mg (39.79%), Sodium: 1088.41mg (47.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.88%), Vitamin K: 106.71µg (101.63%), Iron: 12.93mg (71.82%), Vitamin A: 3410.91IU (68.22%), Vitamin C: 44.5mg (53.94%), Fiber: 6.66g (26.64%), Potassium: 670.37mg (19.15%), Manganese: 0.34mg (17.03%), Vitamin E: 2.38mg (15.84%), Folate: 48.47µg (12.12%), Vitamin B6: 0.23mg (11.61%), Calcium: 114.02mg (11.4%), Copper: 0.17mg (8.48%), Vitamin B3: 1.67mg (8.33%), Magnesium: 32.6mg (8.15%), Phosphorus: 71.09mg (7.11%), Vitamin B1: 0.11mg (7.08%), Vitamin B2: 0.06mg (3.56%), Zinc: 0.53mg (3.54%), Vitamin B5: 0.28mg (2.78%)