



# Peppery Goat Cheese Ravioli with Pineapple Tomato Sauce

 Vegetarian

READY IN



95 min.

SERVINGS



6

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 cup baby arugula coarsely chopped
- 5 leaves basil chopped
- 0.5 cup olive oil extra virgin
- 1 pound sheets soup noodles fresh
- 1 clove garlic
- 10 ounce goat cheese
- 0.3 cup coarsely ground pepper fresh black lightly toasted to taste

- 1 teaspoon ground pepper black
- 1 large heirloom tomatoes red peeled chopped
- 1 large heirloom tomatoes yellow peeled chopped
- 4.5 teaspoons herbs de provence
- 0.3 cup olive oil extra-virgin
- 0.5 large onion diced finely
- 0.8 cup pineapple fresh chopped
- 1 pinch salt
- 1.5 cups tomato sauce

## Equipment

- bowl
- frying pan
- baking sheet
- oven

## Directions

- Preheat an oven to 400 degrees F (200 degrees C).
- Mix goat cheese, 1 teaspoon olive oil, toasted black pepper, and 1/2 teaspoon salt in a bowl until smooth. Set aside.
- Roll pasta sheets to 1/16-inch thickness.
- Cut pasta into 2 1/2-inch circles, or desired shape.
- Place 1 heaping teaspoon of the goat cheese filling in the center of each pasta circle. Dab the edge of the pasta with a little water, then fold and seal the pasta to create a half moon. Arrange ravioli on a baking sheet and drizzle with 1/2 cup olive oil.
- Bake ravioli in the preheated oven until golden brown and lightly crisp, 7 to 12 minutes.
- Remove from oven and set aside.
- Heat 1/4 cup olive oil in a skillet over medium heat. Stir in the onion, 1 teaspoon of salt and 1 teaspoon of pepper; cook and stir until the onion has softened and turned translucent, about 5 minutes. Increase heat to medium-high, and stir in the yellow and red tomatoes, pineapple,

and herbes de Provence. Cook and stir for 5 minutes, and stir in the tomato sauce. Crush garlic with 1 pinch of salt, and add to the sauce. Simmer for 30 minutes, stirring occasionally.

Remove from heat and stir in basil and arugula. Toss the ravioli lightly in the sauce to coat, and serve immediately.

## Nutrition Facts



**PROTEIN 14.87%** **FAT 41.24%** **CARBS 43.89%**

## Properties

Glycemic Index:67.11, Glycemic Load:5.08, Inflammation Score:-9, Nutrition Score:27.117826171543%

## Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

## Nutrients (% of daily need)

Calories: 532.35kcal (26.62%), Fat: 25.16g (38.71%), Saturated Fat: 9.13g (57.09%), Carbohydrates: 60.25g (20.08%), Net Carbohydrates: 54.35g (19.76%), Sugar: 6.93g (7.7%), Cholesterol: 76.92mg (25.64%), Sodium: 498.42mg (21.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.42g (40.84%), Manganese: 2.6mg (130.22%), Vitamin K: 55.43µg (52.79%), Vitamin B1: 0.65mg (43.08%), Copper: 0.84mg (42.17%), Folate: 167.3µg (41.83%), Iron: 6.64mg (36.92%), Vitamin B2: 0.6mg (35.51%), Phosphorus: 306.09mg (30.61%), Vitamin A: 1509.74IU (30.19%), Vitamin C: 24.49mg (29.68%), Fiber: 5.91g (23.62%), Vitamin E: 3.33mg (22.2%), Magnesium: 88.58mg (22.14%), Potassium: 714.91mg (20.43%), Vitamin B3: 4.03mg (20.15%), Vitamin B6: 0.39mg (19.39%), Calcium: 178.67mg (17.87%), Zinc: 1.87mg (12.48%), Vitamin B5: 1.24mg (12.35%), Vitamin B12: 0.32µg (5.4%), Selenium: 2.55µg (3.64%), Vitamin D: 0.19µg (1.26%)