



Pesto Ravioli with Chicken

READY IN



30 min.

SERVINGS



4

CALORIES



481 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons vegetable oil
- ☐ 1 pound chicken breast (not breaded)
- ☐ 0.8 cup chicken broth (from 32-oz carton)
- ☐ 9 oz cheese ravioli refrigerated
- ☐ 3 small zucchini cut into 1/4-inch slices
- ☐ 1 large bell pepper red thinly sliced
- ☐ 0.3 cup basil pesto
- ☐ 1 serving parmesan cheese freshly grated

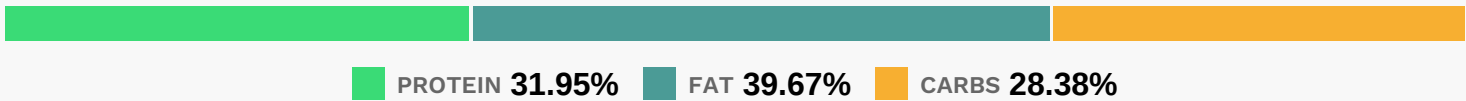
Equipment

☐ frying pan

Directions

- ☐ In 12-inch skillet, heat oil over medium-high heat. Cook chicken in oil about 4 minutes, turning occasionally, until brown.
- ☐ Remove chicken from skillet.
- ☐ Add broth and ravioli to skillet.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 4 minutes or until ravioli are tender.
- ☐ Stir zucchini, bell pepper and chicken into ravioli. Cook over medium-high heat about 3 minutes, stirring occasionally, until vegetables are crisp-tender and chicken is no longer pink in center. Toss with pesto.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:10.34, Inflammation Score:-9, Nutrition Score:23.697391478912%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 481.48kcal (24.07%), Fat: 21.05g (32.39%), Saturated Fat: 5.74g (35.87%), Carbohydrates: 33.89g (11.3%), Net Carbohydrates: 30.08g (10.94%), Sugar: 5.9g (6.56%), Cholesterol: 115.67mg (38.56%), Sodium: 973.47mg (42.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.15g (76.31%), Vitamin C: 69.68mg (84.46%), Vitamin B3: 12.73mg (63.65%), Selenium: 39.31µg (56.15%), Vitamin B6: 1.12mg (55.95%), Iron: 7.74mg (42.99%), Vitamin A: 1872.97IU (37.46%), Phosphorus: 331.74mg (33.17%), Potassium: 758.8mg (21.68%), Vitamin B5: 1.95mg (19.55%), Vitamin B2: 0.28mg (16.67%), Fiber: 3.82g (15.27%), Magnesium: 53.4mg (13.35%), Calcium: 128.47mg (12.85%), Manganese: 0.25mg (12.31%), Folate: 45.09µg (11.27%), Vitamin K: 10.31µg (9.82%), Vitamin B1: 0.15mg (9.72%), Zinc: 1.4mg (9.33%), Vitamin E: 1.21mg (8.06%), Vitamin B12: 0.34µg (5.61%), Copper: 0.09mg (4.71%),

Vitamin D: 0.15µg (1.01%)