



Pesto Ravioli with Chicken

READY IN



30 min.

SERVINGS



4

CALORIES



576 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

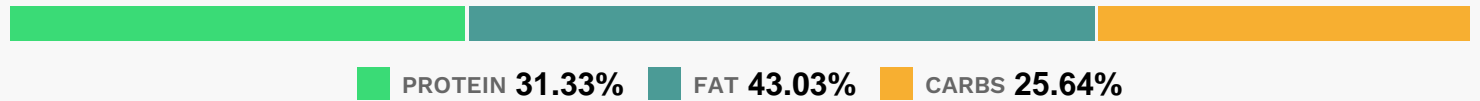
Equipment

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:26.95391313926%

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: 576.21kcal (28.81%), Fat: 27.35g (42.08%), Saturated Fat: 9.23g (57.67%), Carbohydrates: 36.68g (12.23%), Net Carbohydrates: 32.87g (11.95%), Sugar: 5.92g (6.57%), Cholesterol: 135.24mg (45.08%), Sodium: 1367.22mg (59.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.81g (89.63%), Vitamin C: 69.68mg (84.46%), Selenium: 47.18µg (67.4%), Vitamin B3: 12.75mg (63.74%), Vitamin B6: 1.14mg (56.86%), Phosphorus: 474.39mg (47.44%), Iron: 7.84mg (43.55%), Vitamin A: 2067.59IU (41.35%), Calcium: 327.37mg (32.74%), Potassium: 800.2mg (22.86%), Vitamin B2: 0.36mg (21.23%), Vitamin B5: 2.03mg (20.28%), Zinc: 2.37mg (15.82%), Magnesium: 61.27mg (15.32%), Fiber: 3.82g (15.27%), Manganese: 0.27mg (13.27%), Folate: 46.44µg (11.61%), Vitamin B12: 0.64µg (10.68%), Vitamin K: 10.69µg (10.18%), Vitamin B1: 0.15mg (10.13%), Vitamin E: 1.32mg (8.83%), Copper: 0.1mg (5.16%), Vitamin

D: 0.26µg (1.76%)