



Pumpkin Ravioli Bisque

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons ground pepper
- 20 ounces cheese ravioli
- 1.3 cups chicken broth
- 1 teaspoon sage dried
- 1 teaspoon thyme dried
- 2 cloves garlic minced
- 1 onion chopped
- 14 ounce pumpkin pie filling/mix canned

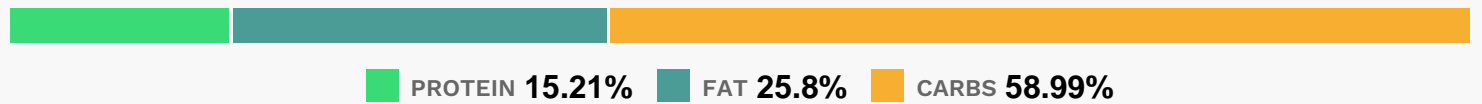
Equipment

- frying pan
- ladle
- pot

Directions

- Bring a pot of lightly-salted water to a boil; cook the ravioli in the boiling water until tender, about 5 minutes; drain.
- Prepare a skillet with cooking spray and place over medium heat. Cook the onion and garlic in the hot skillet until brown. Stir in the sage, thyme, cayenne pepper, chicken broth, and pumpkin pie filling; bring to a boil, reduce heat to medium-low and simmer 10 minutes. Ladle over drained ravioli to serve.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:22.02, Inflammation Score:-10, Nutrition Score:16.290869463397%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 596.8kcal (29.84%), Fat: 17.25g (26.54%), Saturated Fat: 5.67g (35.44%), Carbohydrates: 88.77g (29.59%), Net Carbohydrates: 75.61g (27.49%), Sugar: 4.44g (4.93%), Cholesterol: 78.01mg (26%), Sodium: 1355.22mg (58.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.89g (45.78%), Vitamin A: 8662.78IU (173.26%), Iron: 16.38mg (90.99%), Fiber: 13.16g (52.65%), Manganese: 0.53mg (26.63%), Vitamin B6: 0.24mg (11.8%), Vitamin B5: 1.18mg (11.78%), Vitamin B2: 0.18mg (10.57%), Folate: 41.81µg (10.45%), Calcium: 83.66mg (8.37%), Vitamin C: 6.87mg (8.33%), Potassium: 218.75mg (6.25%), Phosphorus: 61.31mg (6.13%), Magnesium: 21.91mg (5.48%), Vitamin K: 5.65µg (5.38%), Copper: 0.1mg (4.99%), Vitamin B1: 0.05mg (3.45%), Vitamin B3: 0.68mg (3.38%), Zinc: 0.42mg (2.83%), Selenium: 1.84µg (2.62%), Vitamin E: 0.35mg (2.37%)