



Quick & Easy Ravioli with Bacon

READY IN



30 min.

SERVINGS



30

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 2 cups broccoli florets frozen
- 18 oz cheese ravioli refrigerated uncooked
- 4 oz philadelphia cream cheese cubed ()
- 2 green onions chopped
- 0.5 tsp penzey's southwest seasoning dried italian
- 1 cup milk
- 0.3 cup parmesan cheese grated kraft
- 1 bell pepper red chopped

Equipment

- sauce pan

Directions

- Cook ravioli as directed on package, omitting salt. Meanwhile, cook next 4 ingredients in large saucepan on medium heat 3 to 4 min. or until cream cheese is completely melted and sauce is well blended, stirring frequently.
- Drain ravioli.
- Add to sauce along with the broccoli and peppers; mix well. Cover; cook on medium-low heat 5 min. or until heated through, stirring occasionally.
- Stir in onions and bacon; cook, uncovered, 2 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:2.89, Inflammation Score:-2, Nutrition Score:2.8456521461839%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 95.09kcal (4.75%), Fat: 5.08g (7.82%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.74g (2.81%), Sugar: 1.16g (1.29%), Cholesterol: 16.88mg (5.63%), Sodium: 161.07mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin C: 10.64mg (12.9%), Iron: 1.88mg (10.45%), Vitamin K: 8.35µg (7.95%), Vitamin A: 245.12IU (4.9%), Calcium: 31.23mg (3.12%), Fiber: 0.76g (3.04%), Phosphorus: 28.9mg (2.89%), Selenium: 1.62µg (2.31%), Vitamin B2: 0.04mg (2.2%), Vitamin B6: 0.04mg (1.94%), Folate: 6.64µg (1.66%), Potassium: 55.17mg (1.58%), Vitamin B1: 0.02mg (1.38%), Vitamin B12: 0.08µg (1.37%), Vitamin B5: 0.12mg (1.2%), Vitamin E: 0.17mg (1.16%), Zinc: 0.17mg (1.16%), Manganese: 0.02mg (1.1%), Vitamin B3: 0.21mg (1.07%), Magnesium: 4.05mg (1.01%)