



Ravioli Alfredo With Peas

READY IN



20 min.

SERVINGS



4

CALORIES



711 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 cup heavy cream
- ☐ 4 servings kosher salt
- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 cup peas frozen thawed
- ☐ 4 servings pepper freshly ground
- ☐ 18 ounce mushroom ravioli
- ☐ 4 tablespoons butter unsalted

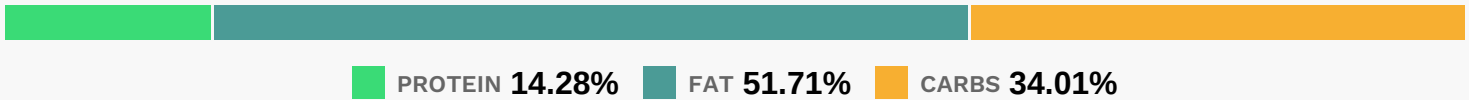
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the ravioli and cook as the label directs. Reserve 1/2 cup of the cooking water, then drain the ravioli.
- ☐ Combine the butter, cream and peas in a large skillet and bring to a simmer over medium heat; cook 1 minute.
- ☐ Add the ravioli, cheese, nutmeg and a splash of the reserved cooking water to the skillet and toss.
- ☐ Add more cooking water to thin the sauce, if needed. Season with salt and pepper. Divide among bowls and top with the parsley.
- ☐ Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:54.33, Glycemic Load:20.58, Inflammation Score:-7, Nutrition Score:13.445652153181%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 710.62kcal (35.53%), Fat: 40.92g (62.95%), Saturated Fat: 21.05g (131.59%), Carbohydrates: 60.55g (20.18%), Net Carbohydrates: 54.69g (19.89%), Sugar: 5.58g (6.2%), Cholesterol: 143.48mg (47.83%), Sodium: 1212.23mg (52.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.43g (50.86%), Iron: 14.08mg (78.24%),

Vitamin K: 44.1µg (42%), Vitamin A: 1341.9IU (26.84%), Fiber: 5.86g (23.43%), Vitamin C: 17.35mg (21.03%), Calcium: 171.86mg (17.19%), Phosphorus: 140.87mg (14.09%), Manganese: 0.18mg (9.19%), Vitamin B2: 0.15mg (9.06%), Selenium: 6.07µg (8.67%), Zinc: 1.1mg (7.35%), Folate: 29.17µg (7.29%), Vitamin B1: 0.11mg (7.28%), Magnesium: 20.33mg (5.08%), Vitamin D: 0.75µg (4.99%), Vitamin E: 0.73mg (4.84%), Potassium: 156.4mg (4.47%), Vitamin B6: 0.08mg (4.24%), Vitamin B3: 0.82mg (4.11%), Copper: 0.08mg (4.07%), Vitamin B12: 0.24µg (4%), Vitamin B5: 0.18mg (1.79%)