



Ravioli and Edamame in Parmesan Sauce

READY IN



10 min.

SERVINGS



4

CALORIES



393 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 pound edamame frozen shelled
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 0.5 cup parmesan fresh
- ☐ 9 ounce cheese ravioli whole-wheat (such as Buitoni brand)

Equipment

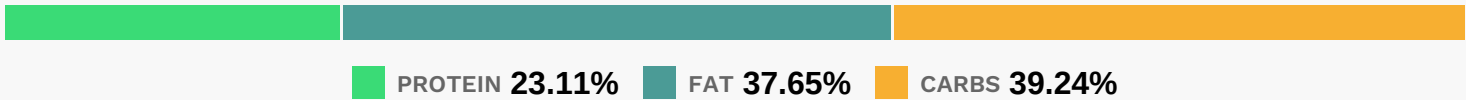
- ☐ bowl

- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil. While the water is heating, measure remaining ingredients.
- ☐ Add the ravioli to the boiling water and cook for 5 minutes.
- ☐ Add the soybeans and cook an additional 12 minutes or until tender.
- ☐ Drain the ravioli and soybeans, reserving 1/4 cup of the cooking liquid.
- ☐ Return ravioli to the pot and stir in thyme.
- ☐ Whisk together sour cream, Parmesan, salt, pepper, and reserved cooking liquid. Toss the pasta mixture with the sour cream mixture, divide among 4 bowls, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:6.1326087778029%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 392.96kcal (19.65%), Fat: 16.42g (25.27%), Saturated Fat: 6.38g (39.91%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 31.9g (11.6%), Sugar: 4.31g (4.79%), Cholesterol: 51.97mg (17.32%), Sodium: 619.07mg (26.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.69g (45.38%), Calcium: 352.9mg (35.29%), Fiber: 6.61g (26.46%), Iron: 3.62mg (20.12%), Potassium: 462.68mg (13.22%), Phosphorus: 108.09mg (10.81%), Selenium: 3.72µg (5.31%), Vitamin B2: 0.08mg (4.64%), Vitamin B12: 0.27µg (4.51%), Vitamin A: 217.05IU (4.34%), Zinc: 0.5mg (3.33%), Magnesium: 9.6mg (2.4%), Manganese: 0.04mg (2.15%), Vitamin C: 1.06mg (1.28%), Vitamin B1: 0.02mg (1.13%), Folate: 4.3µg (1.08%)