



Ravioli and Eggplant Stew

READY IN



55 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons vegetable oil
- 2 cups eggplant cubed
- 14.5 ounces canned tomatoes italian-style undrained canned
- 1.5 teaspoons basil dried fresh chopped
- 1 cup water
- 2 cups zucchini
- 9 ounces cheese ravioli refrigerated
- 1 cup parmesan shredded

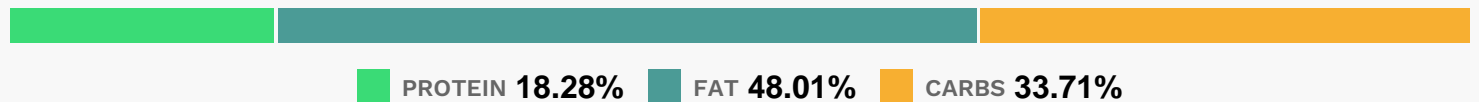
Equipment

- frying pan

Directions

- Heat oil in 12-inch skillet over medium-high heat. Cook eggplant in oil 5 minutes, stirring occasionally. Stir in tomatoes and basil.
- Heat to boiling; reduce heat. Cover and simmer about 15 minutes, stirring once or twice, until eggplant is tender.
- Stir in water, zucchini and ravioli.
- Heat to boiling; reduce heat. Cover and simmer 10 minutes, stirring once or twice, until ravioli are tender.
- Sprinkle with cheese. Cover and heat about 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:12.42, Inflammation Score:-6, Nutrition Score:16.170000099618%

Flavonoids

Delphinidin: 35.13mg, Delphinidin: 35.13mg, Delphinidin: 35.13mg, Delphinidin: 35.13mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 455.13kcal (22.76%), Fat: 24.77g (38.1%), Saturated Fat: 8.27g (51.67%), Carbohydrates: 39.12g (13.04%), Net Carbohydrates: 33.35g (12.13%), Sugar: 9g (10%), Cholesterol: 51.44mg (17.15%), Sodium: 938.74mg (40.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.44%), Iron: 8.86mg (49.24%), Calcium: 367.48mg (36.75%), Vitamin K: 35.16µg (33.49%), Vitamin C: 21.46mg (26.01%), Phosphorus: 240.81mg (24.08%), Fiber: 5.77g (23.07%), Manganese: 0.43mg (21.73%), Potassium: 589.68mg (16.85%), Vitamin E: 2.41mg (16.08%), Vitamin B6: 0.32mg (15.87%), Copper: 0.28mg (13.97%), Magnesium: 51.71mg (12.93%), Vitamin B2: 0.21mg (12.61%), Vitamin A: 552.42IU (11.05%), Folate: 40.17µg (10.04%), Vitamin B3: 1.89mg (9.44%), Selenium: 6.5µg (9.29%), Vitamin B1: 0.13mg (8.73%), Zinc: 1.26mg (8.41%), Vitamin B5: 0.64mg (6.44%), Vitamin B12: 0.3µg (5%)