

Ravioli Marinara

READY IN



18 min.

SERVINGS



6

CALORIES



552 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 25 oz cheese ravioli frozen
- ☐ 28 oz pasta sauce (any chunky variety)
- ☐ 1 lb pearl onions frozen
- ☐ 15 oz cannellini beans white rinsed drained canned (kidney)
- ☐ 0.3 cup parmesan fresh shredded

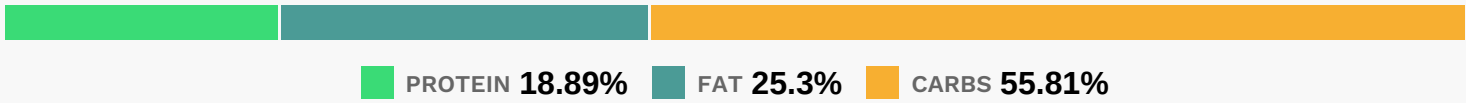
Equipment

- ☐ sauce pan

Directions

- ☐ Cook and drain ravioli as directed on package.
- ☐ While ravioli is cooking, mix pasta sauce, vegetables and beans in 3-quart saucepan.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 6 to 8 minutes or until vegetables are tender.
- ☐ Serve vegetable mixture over ravioli.
- ☐ Serve with cheese.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:25.15, Inflammation Score:-7, Nutrition Score:16.442174173568%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg, Isorhamnetin: 3.79mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg, Quercetin: 15.35mg

Nutrients (% of daily need)

Calories: 552.47kcal (27.62%), Fat: 15.7g (24.16%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 77.96g (25.99%), Net Carbohydrates: 67.91g (24.69%), Sugar: 10.52g (11.69%), Cholesterol: 66.62mg (22.21%), Sodium: 1429.23mg (62.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.38g (52.77%), Iron: 15.91mg (88.41%), Fiber: 10.05g (40.2%), Manganese: 0.6mg (30.25%), Potassium: 828.9mg (23.68%), Folate: 72.63µg (18.16%), Vitamin C: 14.86mg (18.01%), Copper: 0.35mg (17.37%), Vitamin E: 2.49mg (16.6%), Magnesium: 65.38mg (16.35%), Calcium: 160.61mg (16.06%), Phosphorus: 151.06mg (15.11%), Vitamin B6: 0.28mg (13.87%), Vitamin A: 606.9IU (12.14%), Vitamin B1: 0.14mg (9.08%), Zinc: 1.33mg (8.85%), Vitamin B2: 0.15mg (8.62%), Vitamin B3: 1.49mg (7.45%), Vitamin B5: 0.65mg (6.52%), Vitamin K: 6.13µg (5.84%), Selenium: 3.24µg (4.63%)