

**8%**  
HEALTH SCORE

## Ravioli Soup

 Dairy Free

READY IN

**20 min.**

SERVINGS

**4**

CALORIES

**427 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.7 cup baby spinach
- 0.3 cup carrots sliced
- 1 pound cheese ravioli fresh prepared
- 1 cube chicken bouillon
- 2 mushrooms fresh sliced
- 2 mushrooms fresh sliced
- 1 tablespoon olive oil
- 0.5 cup peas-carrots mix shopping list mixed frozen

- 4 servings salt and pepper black to taste
- 1 dash soya sauce
- 2 cups water

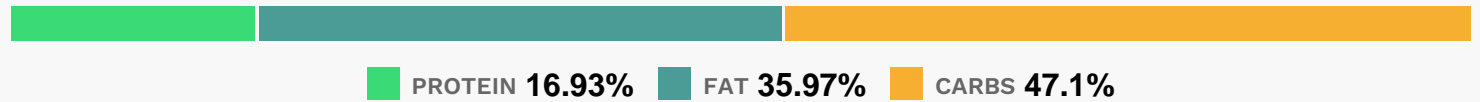
## Equipment

- sauce pan
- pot

## Directions

- In a large saucepan, bring water and bouillon cube to a boil.
- Place ravioli in the pot, and cook 5 minutes, stirring occasionally.
- Mix in spinach, mushrooms, carrot, frozen peas and carrots, olive oil, and soy sauce; cook for 5 minutes, until vegetables are tender. Season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:49.21, Glycemic Load:17.4, Inflammation Score:-9, Nutrition Score:10.820869565217%

## Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 426.82kcal (21.34%), Fat: 17.08g (26.28%), Saturated Fat: 4.95g (30.92%), Carbohydrates: 50.33g (16.78%), Net Carbohydrates: 45.96g (16.71%), Sugar: 3.07g (3.41%), Cholesterol: 61.24mg (20.41%), Sodium: 938.7mg (40.81%), Protein: 18.09g (36.19%), Vitamin A: 3467.3IU (69.35%), Iron: 12.32mg (68.42%), Vitamin K: 27.31µg (26.01%), Fiber: 4.37g (17.5%), Vitamin B2: 0.11mg (6.42%), Vitamin B3: 1.09mg (5.47%), Copper: 0.11mg (5.44%), Manganese: 0.11mg (5.43%), Folate: 20.97µg (5.24%), Vitamin C: 4.26mg (5.16%), Vitamin E: 0.66mg (4.4%), Potassium: 151.67mg (4.33%), Calcium: 39.36mg (3.94%), Vitamin B1: 0.06mg (3.92%), Vitamin B5: 0.36mg (3.6%), Phosphorus: 33.28mg (3.33%), Selenium: 2.13µg (3.05%), Vitamin B6: 0.06mg (2.99%), Magnesium: 11.15mg (2.79%), Zinc: 0.25mg (1.69%)