



## Ravioli with Creamy Pesto Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 ounce capers drained
- 18 ounce cheese-filled ravioli refrigerated uncooked
- 2.8 ounce pesto sauce
- 2 tablespoons pinenuts toasted
- 1 cup whipping cream

### Equipment

- sauce pan

## Directions

- Combine first 3 ingredients in a medium saucepan. Cook over low heat until thoroughly heated, stirring frequently (do not boil).
- Cook pasta according to package directions in salted water; drain. Toss pasta with whipping cream mixture and sprinkle with pine nuts.
- Serve immediately.

## Nutrition Facts

**PROTEIN 12.05%** **FAT 57.17%** **CARBS 30.78%**

## Properties

Glycemic Index:6.5, Glycemic Load:12.73, Inflammation Score:-6, Nutrition Score:6.7360869594242%

## Flavonoids

Kaempferol: 18.62mg, Kaempferol: 18.62mg, Kaempferol: 18.62mg, Kaempferol: 18.62mg Quercetin: 24.46mg, Quercetin: 24.46mg, Quercetin: 24.46mg, Quercetin: 24.46mg

## Nutrients (% of daily need)

Calories: 495.34kcal (24.77%), Fat: 31.7g (48.76%), Saturated Fat: 13.5g (84.36%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 35.17g (12.79%), Sugar: 3.46g (3.85%), Cholesterol: 91.82mg (30.61%), Sodium: 1052.61mg (45.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.03g (30.07%), Iron: 9.42mg (52.32%), Vitamin A: 872.25IU (17.44%), Manganese: 0.3mg (15.24%), Fiber: 3.22g (12.89%), Calcium: 70.85mg (7.08%), Vitamin K: 6.55µg (6.24%), Vitamin B2: 0.1mg (5.99%), Vitamin E: 0.8mg (5.34%), Copper: 0.1mg (5.07%), Phosphorus: 43.59mg (4.36%), Vitamin D: 0.63µg (4.23%), Magnesium: 15.82mg (3.96%), Zinc: 0.36mg (2.37%), Selenium: 1.38µg (1.98%), Potassium: 63.25mg (1.81%), Vitamin B1: 0.02mg (1.51%), Folate: 5.98µg (1.5%), Vitamin B3: 0.26mg (1.32%), Vitamin B5: 0.12mg (1.15%), Vitamin C: 0.87mg (1.06%), Vitamin B12: 0.06µg (1.06%), Vitamin B6: 0.02mg (1.01%)