Ravioli with Creamy Tomato Sauce

READY IN	SERVINGS	CALORIES
20 min.	6	513 kcal

SIDE DISH | LUNCH | MAIN COURSE | MAIN DISH

Ingredients

- [ ] 2 tablespoons basil leaves fresh thinly sliced
- [ ] 1 cup purchased marinara sauce
- [ ] 0.3 cup olive oil extra-virgin
- [ ] 3 tablespoons parmesan freshly grated
- [ ] 1.5 pounds spinach ravioli
- [ ] 6 servings salt and pepper black freshly ground
- [ ] 0.5 cup whole-milk ricotta cheese

Equipment

- [ ] bowl
- [ ] sauce pan
- [ ] whisk
- [ ] pot

Directions

- [ ] Bring a large pot of salted water to a boil.
- [ ] Add about 1/4 cup olive oil to the water to help prevent pasta from sticking.
- [ ] Add the ravioli and cook until al dente, stirring occasionally, about 5 minutes.
- [ ] Drain the ravioli, reserving 1/2 cup of the cooking water. Toss the ravioli with the remaining oil to coat.
- [ ] Meanwhile, bring the marinara sauce to a simmer in a medium saucepan over medium heat, whisking often.
- [ ] Whisk in the ricotta and enough reserved cooking water to thin the sauce to desired consistency. For a thicker sauce, use less pasta water; for a thinner sauce, add more water. Return the sauce to a simmer. Season the sauce to taste with salt and pepper.
- [ ] Spoon 3 tablespoons of sauce over the bottom of each of 6 bowls. Arrange the ravioli over the sauce.
- [ ] Drizzle the remaining sauce over the ravioli.
- [ ] Sprinkle with the Parmesan and the basil, and serve.

Nutrition Facts

PROTEIN **15.89%** FAT **45.35%** CARBS **38.76%**

Properties

Glycemic Index:40, Glycemic Load:17.88, Inflammation Score:-2, Nutrition Score:7.3865216011586%

Flavonoids

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

Nutrients (% of daily need)

Calories: 513.14kcal (25.66%), Fat: 25.85g (39.77%), Saturated Fat: 7.82g (48.87%), Carbohydrates: 49.72g (16.57%), Net Carbohydrates: 45.83g (16.67%), Sugar: 3.8g (4.22%), Cholesterol: 73.47mg (24.49%), Sodium: 950.85mg (41.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.76%), Iron: 12.41mg (68.95%), Fiber: 3.89g (15.57%), Vitamin E: 1.92mg (12.79%), Calcium: 102.49mg (10.25%), Vitamin K: 9.76µg (9.3%), Vitamin A: 324.01IU (6.48%), Phosphorus: 61.56mg (6.16%), Selenium: 3.81µg (5.44%), Vitamin B2: 0.08mg (4.46%), Potassium: 148.66mg (4.25%), Vitamin C: 2.98mg (3.61%), Manganese: 0.07mg (3.29%), Copper: 0.06mg (2.8%), Zinc: 0.4mg (2.7%), Vitamin B6: 0.05mg (2.63%), Magnesium: 10.1mg (2.52%), Vitamin B3: 0.44mg (2.2%), Vitamin B5: 0.18mg (1.84%), Folate: 6.8µg (1.7%), Vitamin B12: 0.1µg (1.67%)