



Ravioli with Green Pea Pesto

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



553 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.3 cups lightly basil leaves fresh packed rinsed
- 18 oz cheese-filled ravioli
- 2 cups fat-skimmed chicken broth
- 1 teaspoon garlic minced
- 4 servings salt and fresh-ground pepper
- 1 cup lightly mint leaves fresh packed rinsed
- 2.5 cups peas frozen thawed
- 2 tablespoons pinenuts

0.5 teaspoon salad oil

Equipment

food processor

bowl

frying pan

blender

Directions

In a 5- to 6-quart pan over high heat, bring 2 quarts water to a boil; add ravioli. Stir occasionally until pasta is tender to bite, 4 to 6 minutes; drain.

Meanwhile, in a blender or food processor, pure peas, broth, 2 cups basil leaves, and mint leaves.

In a 3- to 4-quart pan over medium-high heat, stir or shake pine nuts until lightly browned, 3 to 4 minutes.

Pour from pan.

Add oil and garlic to pan; stir just until garlic begins to brown, 30 seconds to 1 minute.

Add pea mixture and stir until steaming.

Add drained ravioli to sauce and mix gently. Spoon equally into wide bowls.

Cut remaining basil leaves into slivers and scatter over portions.

Sprinkle with pine nuts.

Add salt and pepper to taste.

Nutrition Facts



PROTEIN 18.58% **FAT 31.95%** **CARBS 49.47%**

Properties

Glycemic Index:45.83, Glycemic Load:22.76, Inflammation Score:-9, Nutrition Score:23.046956736109%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 552.93kcal (27.65%), Fat: 19.74g (30.37%), Saturated Fat: 5.37g (33.55%), Carbohydrates: 68.76g (22.92%), Net Carbohydrates: 58.63g (21.32%), Sugar: 8.09g (8.99%), Cholesterol: 68.89mg (22.96%), Sodium: 1453.92mg (63.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.82g (51.64%), Iron: 16.1mg (89.44%), Vitamin K: 81.56µg (77.68%), Manganese: 1.12mg (56.22%), Vitamin C: 42.53mg (51.55%), Fiber: 10.13g (40.52%), Vitamin A: 1884.82IU (37.7%), Folate: 83.77µg (20.94%), Vitamin B1: 0.28mg (18.83%), Copper: 0.34mg (16.92%), Phosphorus: 156.03mg (15.6%), Magnesium: 61.42mg (15.36%), Vitamin B3: 3.07mg (15.33%), Vitamin B2: 0.2mg (11.52%), Zinc: 1.71mg (11.42%), Potassium: 391.91mg (11.2%), Vitamin B6: 0.22mg (10.92%), Calcium: 106.22mg (10.62%), Selenium: 4.31µg (6.16%), Vitamin E: 0.78mg (5.2%), Vitamin B12: 0.23µg (3.78%), Vitamin B5: 0.32mg (3.17%)