



HEALTH SCORE

56%

Ravioli with Herb-Tomato Sauce

READY IN



45 min.

SERVINGS



5

CALORIES



331 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce cannellini beans beans white drained canned
- ☐ 4 cups torn escarole
- ☐ 1.5 teaspoons rosemary fresh minced
- ☐ 1 garlic clove chopped
- ☐ 1 ounce parmesan cheese fresh finely grated
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 5 servings herb-tomato sauce
- ☐ 40 won ton wrappers

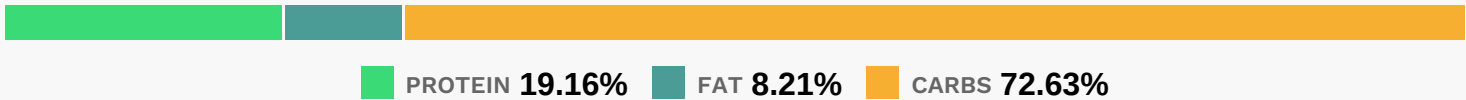
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet

Directions

- ☐ Place first 7 ingredients in a food processor; process until smooth, scraping sides of processor bowl occasionally.
- ☐ Working with 1 won ton wrapper at a time (cover remaining wrappers with a damp towel to keep them from drying out), spoon about 1 tablespoon bean mixture into center of wrapper. Moisten edges of wrapper with water; place another wrapper over filling. Pinch 4 edges together to seal. Repeat with remaining won ton wrappers and bean mixture.
- ☐ Place ravioli on a baking sheet; let stand 30 minutes. Cook ravioli in boiling water 2 minutes or until tender; drain well. Spoon Herb-Tomato Sauce over ravioli.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:6.58, Inflammation Score:-9, Nutrition Score:25.043043740418%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 4.04mg, Kaempferol: 4.04mg, Kaempferol: 4.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 331.04kcal (16.55%), Fat: 3.07g (4.72%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 61.03g (20.34%), Net Carbohydrates: 52.77g (19.19%), Sugar: 4.76g (5.29%), Cholesterol: 9.26mg (3.09%), Sodium: 1085.99mg (47.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.19%), Vitamin K: 98.48µg (93.8%), Manganese: 1.14mg (56.89%), Folate: 175.16µg (43.79%), Iron: 6.13mg (34.06%), Fiber: 8.27g (33.08%), Vitamin B1: 0.46mg (30.53%), Selenium: 20.46µg (29.23%), Vitamin A: 1451.11IU (29.02%), Potassium: 933.24mg (26.66%), Vitamin B3: 4.74mg (23.72%), Copper: 0.47mg (23.52%), Vitamin B2: 0.39mg (22.79%), Phosphorus: 210.64mg

(21.06%), Magnesium: 82.51mg (20.63%), Calcium: 196.81mg (19.68%), Vitamin E: 2.63mg (17.5%), Zinc: 2.13mg (14.19%), Vitamin C: 11.37mg (13.78%), Vitamin B6: 0.22mg (11.13%), Vitamin B5: 0.94mg (9.41%), Vitamin B12: 0.08µg (1.33%)