



Ravioli with Herbed Walnut Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



677 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter ()
- 1 pound cheese ravioli
- 1 cup wine dry white
- 0.3 cup parsley fresh chopped
- 1 tablespoon rosemary leaves fresh chopped
- 3 garlic clove minced
- 0.8 cup walnut pieces coarsely chopped

Equipment

frying pan

pot

Directions

Cook pasta in large pot of boiling salted water until tender but still firm to bite, or according to directions on package.

Drain.

Melt butter in heavy large skillet over medium-high heat.

Add walnuts; sauté until golden, about 2 minutes.

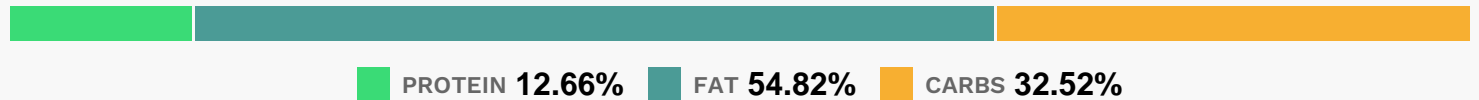
Add garlic; sauté 30 seconds.

Add wine. Simmer until slightly reduced, about 2 minutes.

Add parsley and rosemary. Simmer 1 minute.

Add ravioli and toss to coat with sauce. Season with salt and pepper; serve.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:17.76, Inflammation Score:-7, Nutrition Score:13.37608686867%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 677.37kcal (33.87%), Fat: 39.27g (60.42%), Saturated Fat: 13.09g (81.83%), Carbohydrates: 52.42g (17.47%), Net Carbohydrates: 47.47g (17.26%), Sugar: 3.48g (3.87%), Cholesterol: 91.74mg (30.58%), Sodium: 796.94mg (34.65%), Alcohol: 6.18g (100%), Alcohol %: 3.63% (100%), Protein: 20.4g (40.81%), Iron: 12.95mg

(71.92%), Vitamin K: 63.36µg (60.35%), Manganese: 0.87mg (43.38%), Fiber: 4.95g (19.82%), Copper: 0.37mg (18.25%), Vitamin A: 689.66IU (13.79%), Magnesium: 43.84mg (10.96%), Phosphorus: 96.06mg (9.61%), Vitamin B6: 0.18mg (9.06%), Vitamin C: 6.08mg (7.37%), Folate: 28.84µg (7.21%), Calcium: 63.82mg (6.38%), Vitamin B1: 0.09mg (5.76%), Zinc: 0.83mg (5.56%), Potassium: 175.89mg (5.03%), Vitamin E: 0.51mg (3.42%), Vitamin B2: 0.05mg (3.16%), Selenium: 1.6µg (2.29%), Vitamin B5: 0.2mg (2%), Vitamin B3: 0.39mg (1.93%)