



## 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 purchased cheese ravioli
- ☐ 1 cup cooking wine dry white
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.8 cup walnuts coarsely chopped

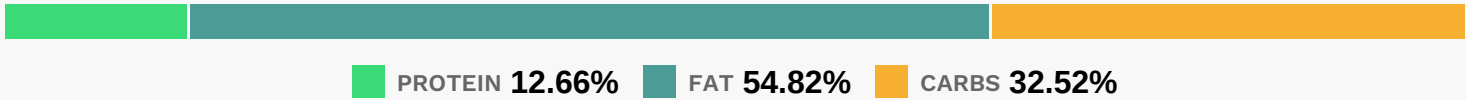
### Equipment

- ☐ 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%)