



## Ravioli with Peas and Shallots

READY IN



15 min.

SERVINGS



4

CALORIES



683 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 1.5 pounds cheese ravioli fresh ()
- ☐ 4 servings salt and pepper black
- ☐ 1 teaspoon lemon zest grated
- ☐ 10 ounce peas frozen
- ☐ 2 shallots thinly sliced

### Equipment

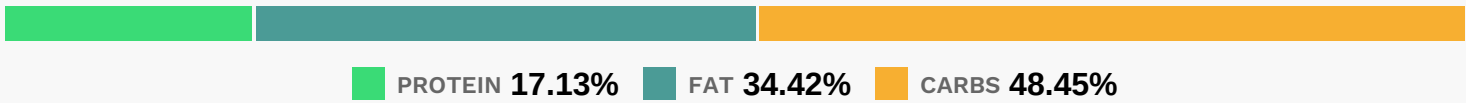
- ☐ bowl

☐ frying pan

## Directions

- ☐ Cook the ravioli according to the package directions. Reserve 1/2 cup of the cooking water and drain the pasta. Meanwhile, heat the butter in a large skillet over medium heat.
- ☐ Add the shallots and cook, stirring occasionally, until soft, 2 to 3 minutes.
- ☐ Add the peas, lemon zest, 1/2 teaspoon salt, 1/4 teaspoon pepper, and the reserved pasta water. Cook, partially covered, until the peas are heated through, 3 to 4 minutes. Divide the ravioli among bowls and top with the pea mixture.

## Nutrition Facts



## Properties

Glycemic Index:40.83, Glycemic Load:28.71, Inflammation Score:-6, Nutrition Score:13.683912969802%

## 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

## Nutrients (% of daily need)

Calories: 683.26kcal (34.16%), Fat: 26.06g (40.1%), Saturated Fat: 10.3g (64.38%), Carbohydrates: 82.54g (27.51%), Net Carbohydrates: 73.18g (26.61%), Sugar: 8.43g (9.37%), Cholesterol: 106.9mg (35.63%), Sodium: 1293.37mg (56.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.35%), Iron: 18.96mg (105.32%), Fiber: 9.36g (37.43%), Vitamin C: 29.99mg (36.36%), Vitamin K: 18.17µg (17.3%), Manganese: 0.33mg (16.38%), Vitamin A: 717.86IU (14.36%), Vitamin B1: 0.2mg (13.11%), Folate: 50.59µg (12.65%), Phosphorus: 85.78mg (8.58%), Vitamin B6: 0.16mg (8.2%), Vitamin B3: 1.51mg (7.56%), Copper: 0.14mg (6.82%), Magnesium: 26.23mg (6.56%), Zinc: 0.94mg (6.25%), Potassium: 217.2mg (6.21%), Calcium: 58.83mg (5.88%), Vitamin B2: 0.1mg (5.81%), Selenium: 1.5µg (2.14%), Vitamin E: 0.26mg (1.74%), Vitamin B5: 0.12mg (1.19%)