



Ravioli with Peppers and Sun-Dried Tomatoes

READY IN



20 min.

SERVINGS



6

CALORIES



456 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 18 ounces cheese ravioli refrigerated italian (any variety)
- 0.5 cup sun-dried olives packed in oil and herbs, drained and 2 tablespoons oil reserved
- 1 pound bell pepper frozen thawed drained
- 8 ounces havarti cheese shredded

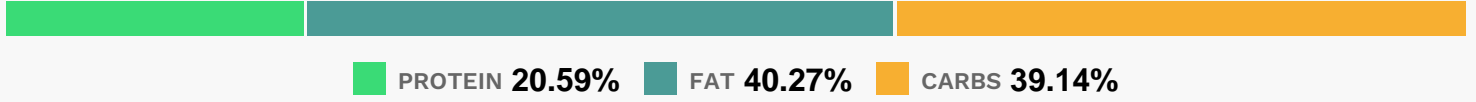
Equipment

- frying pan

Directions

- Cook and drain ravioli as directed on package.
- In 12-inch skillet, heat oil from tomatoes over medium heat. Cook bell pepper mixture in oil 2 minutes, stirring occasionally. Stir in tomatoes and ravioli. Cook, stirring occasionally, until hot.
- Sprinkle with cheese. Cover and cook 1 to 2 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:14.88, Inflammation Score:-9, Nutrition Score:19.053478217643%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 455.53kcal (22.78%), Fat: 20.67g (31.81%), Saturated Fat: 9.95g (62.18%), Carbohydrates: 45.2g (15.07%), Net Carbohydrates: 40.05g (14.57%), Sugar: 8.32g (9.25%), Cholesterol: 79.19mg (26.4%), Sodium: 822.97mg (35.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.78g (47.56%), Vitamin C: 100.55mg (121.88%), Iron: 10.1mg (56.1%), Vitamin A: 2746.86IU (54.94%), Calcium: 261.83mg (26.18%), Phosphorus: 252.63mg (25.26%), Fiber: 5.15g (20.59%), Folate: 63.69µg (15.92%), Potassium: 499.29mg (14.27%), Vitamin B6: 0.28mg (14.22%), Manganese: 0.28mg (13.81%), Vitamin B2: 0.23mg (13.75%), Zinc: 1.88mg (12.56%), Vitamin E: 1.45mg (9.69%), Magnesium: 37.02mg (9.26%), Copper: 0.18mg (8.78%), Vitamin B12: 0.52µg (8.69%), Vitamin B3: 1.61mg (8.04%), Vitamin K: 7.65µg (7.28%), Vitamin B1: 0.11mg (7.21%), Vitamin B5: 0.56mg (5.59%), Selenium: 3.79µg (5.42%)