



Ravioli With Pork, Fennel, and Shiitake Sauce

READY IN



90 min.

SERVINGS



4

CALORIES



464 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.8 cup tomatoes canned crushed
- 9 ounce cheese ravioli fresh
- 0.3 cup cooking wine dry white
- 1.8 cups fennel bulb chopped
- 0.5 teaspoon rosemary fresh chopped
- 2 garlic gloves minced
- 1 cup chicken broth low-sodium
- 1 tablespoon olive oil

- 1.5 cups onion chopped
- 1 teaspoon oregano fresh plus more for garnish chopped
- 0.3 cup parmesan cheese freshly grated
- 10 ounces pork tenderloin cut into 1/2-inch cubes
- 0.5 teaspoon salt
- 1.5 cups shiitake mushroom caps chopped

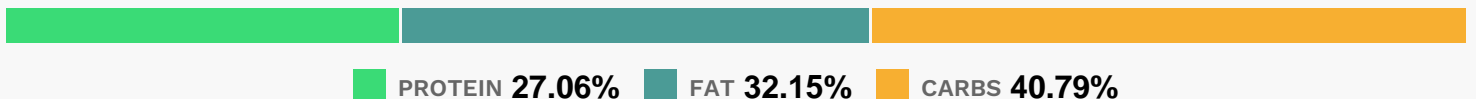
Equipment

- frying pan
- pot

Directions

- Place a large skillet over medium heat.
- Add oil and onion; cook 6 minutes or until translucent.
- Add fennel and next 4 ingredients (through pepper). Cook, stirring often, 8 minutes until tender.
- Add pork; cook 4 minutes or until no longer pink. Stir in wine; raise heat to high. Cook 2–3 minutes or until evaporated. Stir in tomatoes and chicken broth; lower heat to medium–low. Cover and cook 30 minutes.
- Add rosemary and oregano; cook uncovered 3–5 minutes or until half the liquid has absorbed.
- Bring a pot of water to a boil; cook ravioli 11 minutes or until al dente.
- Drain; transfer to a serving dish.
- Add sauce and three–quarters cheese. Top with remaining cheese and oregano.

Nutrition Facts



Properties

Glycemic Index:65.75, Glycemic Load:13.84, Inflammation Score:-8, Nutrition Score:24.796521632568%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg

Nutrients (% of daily need)

Calories: 463.57kcal (23.18%), Fat: 16.35g (25.16%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 46.68g (15.56%), Net Carbohydrates: 39.39g (14.33%), Sugar: 9.64g (10.71%), Cholesterol: 85.95mg (28.65%), Sodium: 939.37mg (40.84%), Alcohol: 2.06g (100%), Alcohol %: 0.57% (100%), Protein: 30.97g (61.93%), Vitamin B1: 0.78mg (52.06%), Iron: 9.14mg (50.77%), Vitamin B6: 0.99mg (49.68%), Vitamin B3: 9.71mg (48.54%), Selenium: 29.59µg (42.28%), Phosphorus: 382.26mg (38.23%), Vitamin B2: 0.52mg (30.68%), Vitamin K: 32.18µg (30.65%), Fiber: 7.28g (29.13%), Potassium: 1004.9mg (28.71%), Manganese: 0.53mg (26.68%), Vitamin B5: 2.2mg (21.97%), Zinc: 2.89mg (19.24%), Copper: 0.36mg (17.9%), Vitamin C: 13.66mg (16.56%), Magnesium: 64.37mg (16.09%), Calcium: 137.5mg (13.75%), Vitamin E: 1.59mg (10.57%), Folate: 40.43µg (10.11%), Vitamin B12: 0.51µg (8.53%), Vitamin A: 214.93IU (4.3%), Vitamin D: 0.58µg (3.89%)