



Ravioli With Roasted Red Pepper Sauce

READY IN



23 min.

SERVINGS



3

CALORIES



888 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 25 ounce cheese ravioli frozen
- 1 tablespoon basil fresh chopped
- 2 tablespoons basil fresh thinly sliced
- 2 garlic cloves minced
- 1 teaspoon olive oil
- 0.8 cup onion chopped (1 small)
- 1 ounce parmesan cheese fresh shredded finely
- 2 teaspoons red wine vinegar
- 12 ounce roasted bell peppers red drained

- 2 teaspoons sugar
- 0.5 cup vegetable broth

Equipment

- food processor
- bowl
- frying pan
- dutch oven

Directions

- Heat oil in a medium nonstick skillet over medium-high heat.
- Add onion and garlic; cook, stirring constantly, 3 minutes or until tender.
- Place onion mixture, broth, and next 4 ingredients in a food processor bowl; process until smooth. Return sauce to skillet; cook over medium-high heat 5 minutes or until thoroughly heated.
- Cook ravioli in a Dutch oven according to package directions, omitting salt and fat.
- Drain well.
- Place about 9 ravioli on each of 3 serving plates. Spoon sauce evenly over ravioli.
- Sprinkle evenly with cheese and sliced fresh basil.

Nutrition Facts



PROTEIN 17.86% **FAT 32.59%** **CARBS 49.55%**

Properties

Glycemic Index:126.03, Glycemic Load:38.56, Inflammation Score:-6, Nutrition Score:15.043913128583%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 888.24kcal (44.41%), Fat: 32.09g (49.36%), Saturated Fat: 11.04g (69.01%), Carbohydrates: 109.77g (36.59%), Net Carbohydrates: 100.9g (36.69%), Sugar: 9.52g (10.57%), Cholesterol: 134mg (44.67%), Sodium: 3320.45mg (144.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.57g (79.15%), Iron: 25.85mg (143.63%), Vitamin C: 56.69mg (68.72%), Fiber: 8.87g (35.49%), Calcium: 222.23mg (22.22%), Vitamin A: 853.38IU (17.07%), Manganese: 0.29mg (14.65%), Vitamin B6: 0.29mg (14.32%), Phosphorus: 104.31mg (10.43%), Vitamin K: 9.46µg (9.01%), Copper: 0.18mg (9.01%), Potassium: 247.94mg (7.08%), Folate: 27.83µg (6.96%), Magnesium: 22.55mg (5.64%), Vitamin B2: 0.08mg (4.73%), Selenium: 2.97µg (4.25%), Zinc: 0.57mg (3.82%), Vitamin B1: 0.06mg (3.67%), Vitamin B3: 0.73mg (3.64%), Vitamin B12: 0.11µg (1.89%), Vitamin E: 0.24mg (1.59%), Vitamin B5: 0.15mg (1.51%)