



Ravioli with Roasted Zucchini

READY IN



20 min.

SERVINGS



4

CALORIES



530 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound cheese ravioli fresh (preferably)
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic crushed
- ☐ 2 tablespoons kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 0.7 cup parmesan finely grated
- ☐ 1 teaspoon pepper dried red
- ☐ 4 small zucchini sliced into ¼-inch rounds

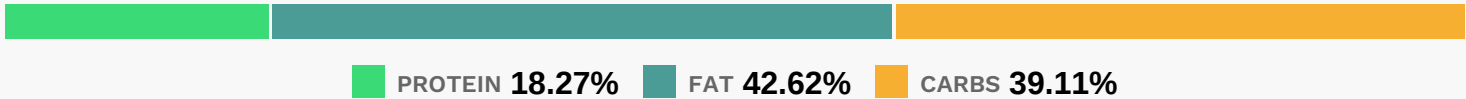
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 F. Bring a large pot of water to a boil.
- ☐ Place the zucchini in a large baking dish in a single layer and drizzle with the oil, chili flakes, and 3 tablespoons of the Parmesan, then season with the pepper and teaspoon of the salt.
- ☐ Add the garlic and roast for 20 minutes, tossing halfway through, until tender and just golden brown. Meanwhile, add the ravioli and the remaining salt to the boiling water. Return to a boil, stirring frequently to prevent the ravioli from sticking. Cook the ravioli for 3 minutes after they begin to float.
- ☐ Drain and place in a large bowl. Toss gently with the roasted zucchini, half the parsley, and half the remaining Parmesan.
- ☐ Serve immediately with the remaining parsley and Parmesan.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:17.68, Inflammation Score:-6, Nutrition Score:14.726521743381%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 529.93kcal (26.5%), Fat: 25.18g (38.74%), Saturated Fat: 8.25g (51.58%), Carbohydrates: 51.99g (17.33%), Net Carbohydrates: 47.23g (17.17%), Sugar: 5.43g (6.03%), Cholesterol: 72.57mg (24.19%), Sodium: 4474.63mg

(194.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.57%), Iron: 12.79mg (71.06%), Vitamin K: 59.53µg (56.7%), Vitamin C: 25.58mg (31.01%), Calcium: 250.18mg (25.02%), Fiber: 4.76g (19.04%), Phosphorus: 166.24mg (16.62%), Vitamin A: 767.96IU (15.36%), Manganese: 0.28mg (13.78%), Vitamin B6: 0.24mg (11.98%), Vitamin B2: 0.18mg (10.34%), Potassium: 358.15mg (10.23%), Vitamin E: 1.4mg (9.35%), Folate: 34.25µg (8.56%), Magnesium: 31.5mg (7.87%), Selenium: 4.32µg (6.17%), Zinc: 0.92mg (6.12%), Vitamin B1: 0.07mg (4.44%), Copper: 0.09mg (4.31%), Vitamin B5: 0.34mg (3.43%), Vitamin B3: 0.69mg (3.43%), Vitamin B12: 0.2µg (3.33%)