



WHATSheATE



Ravioli with Sun-Dried Tomato Cream Sauce

READY IN



12 min.

SERVINGS



4

CALORIES



544 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 ounce asiago cheese fresh shaved
- ☐ 8 ounce baby portobello mushrooms quartered
- ☐ 0.3 teaspoon pepper black
- ☐ 18 ounce steam-n-eat cheese ravioli frozen (such as Rosetto)
- ☐ 0.5 teaspoon flour all-purpose
- ☐ 0.5 cup half-and-half
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion coarsely chopped
- ☐ 0.3 teaspoon salt

☐ 2 tablespoons sun-dried tomato pesto (such as Classico)

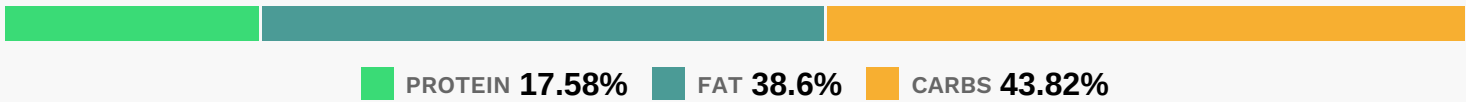
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Cook ravioli in microwave according to package directions.
- ☐ While ravioli cooks, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms and onion; saut 3 to 4 minutes or until richly browned.
- ☐ Combine flour and next 4 ingredients in a small bowl, stirring until smooth.
- ☐ Add to pan, stirring well. Cook over medium-low heat 2 minutes or until mixture thickens slightly.
- ☐ Divide cooked ravioli evenly among 4 shallow bowls or plates; spoon mushroom mixture evenly over ravioli.
- ☐ Sprinkle cheese evenly over each serving; garnish with basil, if desired.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:19.72, Inflammation Score:-2, Nutrition Score:10.21478262155%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 543.68kcal (27.18%), Fat: 23.32g (35.88%), Saturated Fat: 8.78g (54.86%), Carbohydrates: 59.56g (19.85%), Net Carbohydrates: 54.56g (19.84%), Sugar: 6.72g (7.47%), Cholesterol: 84.9mg (28.3%), Sodium:

1139.36mg (49.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.89g (47.78%), Iron: 13.73mg (76.29%), Fiber: 5g (20.02%), Selenium: 13.3µg (19%), Calcium: 156.06mg (15.61%), Phosphorus: 145.43mg (14.54%), Vitamin B3: 2.64mg (13.2%), Vitamin B2: 0.16mg (9.58%), Copper: 0.18mg (8.85%), Potassium: 284.01mg (8.11%), Vitamin B5: 0.79mg (7.93%), Vitamin B6: 0.13mg (6.5%), Folate: 21.56µg (5.39%), Zinc: 0.65mg (4.34%), Vitamin A: 211.9IU (4.24%), Manganese: 0.08mg (4.23%), Vitamin B1: 0.06mg (3.77%), Vitamin B12: 0.17µg (2.85%), Vitamin E: 0.4mg (2.64%), Vitamin C: 2.04mg (2.47%), Magnesium: 8.42mg (2.1%), Vitamin K: 2µg (1.91%), Vitamin D: 0.21µg (1.37%)