



Ravioli with Tomato-Alfredo Sauce

READY IN



20 min.

SERVINGS



6

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 18 ounces cheese ravioli refrigerated
- 8 ounces mushrooms sliced (3 cups)
- 1 cup onion coarsely chopped
- 24 ounces pasta sauce
- 0.5 cup non-dairy creamer like mimiccreme refrigerated
- 0.3 cup parmesan cheese grated
- 0.3 cup parsley fresh chopped

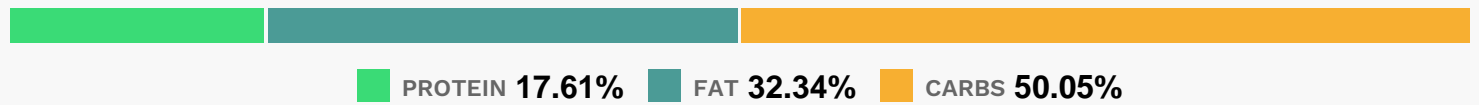
Equipment

sauce pan

Directions

- Cook and drain ravioli as directed on package; keep warm.
- Spray same saucepan with cooking spray; heat over medium heat. Cook mushrooms and onion in saucepan about 5 minutes, stirring frequently, until onion is crisp-tender.
- Stir in pasta sauce and half-and-half.
- Heat to boiling; reduce heat to low. Stir in ravioli, cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:15.52, Inflammation Score:-6, Nutrition Score:13.124782671099%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 375.05kcal (18.75%), Fat: 13.72g (21.11%), Saturated Fat: 4.44g (27.74%), Carbohydrates: 47.77g (15.92%), Net Carbohydrates: 42.73g (15.54%), Sugar: 9.92g (11.02%), Cholesterol: 49.55mg (16.52%), Sodium: 1152.93mg (50.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.61%), Iron: 10.39mg (57.74%), Vitamin K: 44.85µg (42.72%), Fiber: 5.05g (20.19%), Vitamin C: 14.03mg (17.01%), Potassium: 555.64mg (15.88%), Vitamin A: 741.19IU (14.82%), Vitamin B2: 0.25mg (14.69%), Copper: 0.27mg (13.32%), Vitamin B3: 2.56mg (12.78%), Vitamin E: 1.84mg (12.29%), Phosphorus: 111.52mg (11.15%), Vitamin B5: 0.97mg (9.73%), Vitamin B6: 0.19mg (9.4%), Manganese: 0.18mg (9.05%), Selenium: 6.01µg (8.59%), Calcium: 82.24mg (8.22%), Magnesium: 25.79mg (6.45%), Folate: 25.75µg (6.44%), Vitamin B1: 0.07mg (4.89%), Zinc: 0.7mg (4.68%), Vitamin B12: 0.07µg (1.19%)