



Ravioli With Watercress Pesto

READY IN



15 min.

SERVINGS



6

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 18 oz cheese-filled tiny ravioli refrigerated
- ☐ 2 garlic cloves
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 cups watercress leaves loosely packed

Equipment

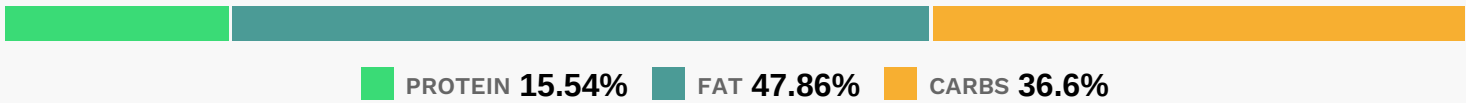
☐ food processor

Directions

☐ Pulse 2 cups loosely packed watercress leaves, 1/2 cup chopped toasted pecans, 1/2 cup freshly grated Parmesan cheese, 1/2 cup olive oil, 2 garlic cloves, and 1/4 tsp. salt in a food processor until coarsely chopped. Prepare 2 (9-oz.) packages refrigerated cheese-filled tiny ravioli according to package directions; toss with watercress mixture.

☐ Note: We tested with Buitoni Three Cheese Ravigioletti.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:12.89, Inflammation Score:-3, Nutrition Score:8.3686955610047%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.61mg, Kaempferol: 2.61mg, Kaempferol: 2.61mg, Kaempferol: 2.61mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 409.86kcal (20.49%), Fat: 21.93g (33.74%), Saturated Fat: 5.63g (35.17%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 34.43g (12.52%), Sugar: 2.07g (2.3%), Cholesterol: 53.18mg (17.73%), Sodium: 772.37mg (33.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.02g (32.05%), Iron: 9.19mg (51.03%), Vitamin K: 30.95µg (29.47%), Manganese: 0.42mg (21.15%), Fiber: 3.3g (13.21%), Calcium: 111.96mg (11.2%), Vitamin A: 438.44IU (8.77%), Phosphorus: 84.02mg (8.4%), Vitamin C: 5.28mg (6.4%), Copper: 0.11mg (5.71%), Vitamin E: 0.79mg (5.27%), Zinc: 0.76mg (5.06%), Selenium: 3.47µg (4.96%), Vitamin B1: 0.07mg (4.59%), Magnesium: 15.53mg (3.88%), Vitamin B2: 0.05mg (3.19%), Potassium: 90.62mg (2.59%), Vitamin B6: 0.05mg (2.55%), Vitamin B12: 0.11µg (1.88%), Vitamin B5: 0.14mg (1.39%)