



Sautéed Mushroom-and-Cheese Ravioli

READY IN



37 min.

SERVINGS



6

CALORIES



483 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 25 oz cheese ravioli frozen
- ☐ 8 oz mushrooms fresh sliced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup onion sweet finely chopped

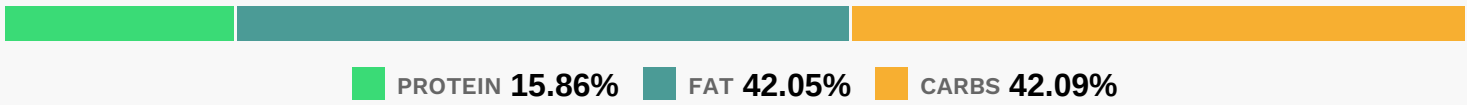
Equipment

☐ dutch oven

Directions

- ☐ Cook ravioli according to package directions in a Dutch oven; drain and keep warm. Wipe Dutch oven clean.
- ☐ Melt 2 Tbsp. butter with oil in Dutch oven over medium-high heat; add mushrooms and next 3 ingredients, and saut 8 to 10 minutes or until vegetables are tender. Reduce heat to low, and stir in ravioli and remaining 1 Tbsp. butter, stirring until butter is melted.
- ☐ Add parsley, and toss gently to combine.
- ☐ Sprinkle with cheese, and serve immediately.
- ☐ Note: For testing purposes only, we used Rosetto Cheese Ravioli.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:17.99, Inflammation Score:-2, Nutrition Score:8.0430433231851%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 482.53kcal (24.13%), Fat: 22.58g (34.73%), Saturated Fat: 8.82g (55.12%), Carbohydrates: 50.85g (16.95%), Net Carbohydrates: 46.95g (17.07%), Sugar: 3.46g (3.85%), Cholesterol: 80.29mg (26.76%), Sodium: 1000.04mg (43.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.16g (38.32%), Iron: 12.66mg (70.34%), Vitamin K: 24.08µg (22.94%), Fiber: 3.9g (15.61%), Vitamin B2: 0.16mg (9.59%), Vitamin B3: 1.4mg (6.99%), Copper: 0.13mg (6.45%), Vitamin A: 302.64IU (6.05%), Selenium: 4.21µg (6.02%), Vitamin B5: 0.59mg (5.93%), Phosphorus: 47.59mg (4.76%), Calcium: 45.23mg (4.52%), Potassium: 142.55mg (4.07%), Vitamin C: 2.89mg (3.5%), Vitamin E: 0.52mg (3.49%), Folate: 10.32µg (2.58%), Vitamin B6: 0.05mg (2.56%), Manganese: 0.05mg (2.41%), Vitamin B1:

0.04mg (2.37%), Zinc: 0.3mg (2%), Magnesium: 5.68mg (1.42%)