



## Skillet Chicken and Ravioli

READY IN



30 min.

SERVINGS



4

CALORIES



474 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 9 ounce cheese ravioli
- 1 cup cherry tomatoes halved
- 2 cloves garlic thinly sliced
- 4 servings kosher salt
- 0.3 cup chicken broth low-sodium
- 2 tablespoons olive oil extra-virgin plus more for drizzling
- 2 tablespoons parmesan cheese grated
- 4 servings pepper freshly ground
- 2 tablespoons red wine vinegar

- 1.3 pounds chicken breasts boneless skinless cut into chunks
- 8 ounces mushrooms white halved
- 0.3 cup a combination fresh chopped

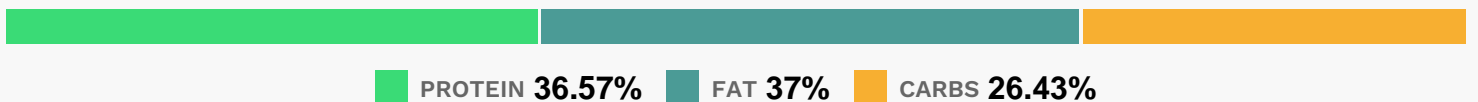
## Equipment

- frying pan
- pot

## Directions

- Bring a pot of salted water to a boil.
- Add the ravioli and cook as the label directs; drain, then drizzle with olive oil and toss.
- Meanwhile, season the chicken with salt and pepper.
- Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- Add the chicken; cook, undisturbed, until beginning to brown, about 2 minutes. Continue to cook, stirring, 1 more minute.
- Transfer to a plate.
- Heat the remaining 1 tablespoon olive oil in the skillet.
- Add the mushrooms and cook, undisturbed, until browned in spots, about 2 minutes. Season with salt and continue to cook, stirring, until softened, about 3 more minutes. Stir in the tomatoes, garlic and vinegar and cook until the tomatoes begin to soften, about 2 minutes. Return the chicken to the skillet, then add the ravioli, broth and parmesan; bring to a simmer and cook, stirring occasionally, until the chicken is cooked through, about 4 minutes. Top with the parsley.

## Nutrition Facts



## Properties

Glycemic Index:41.25, Glycemic Load:10.15, Inflammation Score:-6, Nutrition Score:24.76869538556%

## Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## **Nutrients (% of daily need)**

Calories: 473.99kcal (23.7%), Fat: 19.3g (29.69%), Saturated Fat: 4.73g (29.55%), Carbohydrates: 31.01g (10.34%), Net Carbohydrates: 28.18g (10.25%), Sugar: 3.4g (3.78%), Cholesterol: 127.34mg (42.45%), Sodium: 811.48mg (35.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.91g (85.82%), Vitamin B3: 17.36mg (86.81%), Selenium: 51.92µg (74.17%), Vitamin K: 67.27µg (64.07%), Vitamin B6: 1.18mg (58.82%), Iron: 8.12mg (45.09%), Phosphorus: 383.84mg (38.38%), Vitamin B5: 2.95mg (29.5%), Potassium: 838.64mg (23.96%), Vitamin B2: 0.4mg (23.41%), Vitamin C: 16.88mg (20.46%), Copper: 0.27mg (13.49%), Magnesium: 49.11mg (12.28%), Fiber: 2.83g (11.33%), Vitamin A: 562.88IU (11.26%), Vitamin B1: 0.16mg (10.47%), Vitamin E: 1.53mg (10.23%), Zinc: 1.36mg (9.06%), Manganese: 0.14mg (6.85%), Folate: 26.06µg (6.52%), Vitamin B12: 0.36µg (5.99%), Calcium: 57.5mg (5.75%), Vitamin D: 0.27µg (1.78%)