



Spring Ravioli with Pesto Cream

READY IN



18 min.

SERVINGS



4

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons vegetable oil
- ☐ 8 ounces green beans cut into 1 1/2-inch pieces
- ☐ 0.5 medium bell pepper yellow cut into 1/2-inch pieces (1/2 cup)
- ☐ 3 roma tomatoes cut into 1/2-inch pieces (1 cup) (plum)
- ☐ 0.5 teaspoon salt
- ☐ 16 ounces cheese ravioli frozen (from 24-ounce bag)
- ☐ 0.5 cup cream sour
- ☐ 3 tablespoons basil pesto
- ☐ 2 teaspoons lemon zest grated

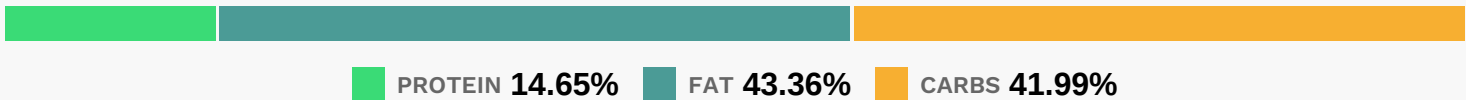
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in 12-inch nonstick skillet over medium-high heat. Cook green beans and bell pepper in oil about 5 minutes, stirring frequently, until crisp-tender. Stir in tomatoes and salt. Cook 3 minutes.
- ☐ While vegetables are cooking, cook and drain ravioli as directed on package.
- ☐ Mix sour cream, pesto and lemon peel in small bowl.
- ☐ Toss hot cooked ravioli with vegetable mixture and sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:18.56, Inflammation Score:-7, Nutrition Score:12.61086946985%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 528.4kcal (26.42%), Fat: 25.63g (39.44%), Saturated Fat: 8.45g (52.79%), Carbohydrates: 55.86g (18.62%), Net Carbohydrates: 50.11g (18.22%), Sugar: 6.72g (7.47%), Cholesterol: 79.1mg (26.37%), Sodium: 1110.54mg (48.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.49g (38.98%), Iron: 12.71mg (70.63%), Vitamin C: 42.13mg (51.07%), Vitamin K: 32.62µg (31.07%), Vitamin A: 1214.73IU (24.29%), Fiber: 5.75g (23.01%), Calcium: 98.61mg (9.86%), Manganese: 0.2mg (9.84%), Potassium: 298.97mg (8.54%), Folate: 31.41µg (7.85%), Vitamin B6: 0.16mg (7.78%), Vitamin B2: 0.12mg (7.1%), Magnesium: 24.11mg (6.03%), Phosphorus: 58.25mg (5.82%), Vitamin E: 0.78mg (5.2%), Vitamin B1: 0.07mg (4.95%), Copper: 0.09mg (4.44%), Vitamin B3: 0.86mg (4.28%), Vitamin B5: 0.29mg (2.94%), Zinc: 0.34mg (2.26%), Selenium: 1.46µg (2.08%), Vitamin B12: 0.06µg (1.01%)