



Whole Wheat Ravioli with Sauteed Garlic Vegetables

READY IN



23 min.

SERVINGS



4

CALORIES



355 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 ounce cheese ravioli whole wheat refrigerated prepared
- 2 tablespoons olive oil extra virgin
- 0.5 pound green beans fresh
- 1 tablespoon garlic fresh chopped
- 0.5 cup grape tomatoes halved
- 0.3 teaspoon pepper black
- 0.5 cup pecorino cheese shredded refrigerated
- 0.5 teaspoon salt

1 to 3 sized squashes yellow sliced quartered

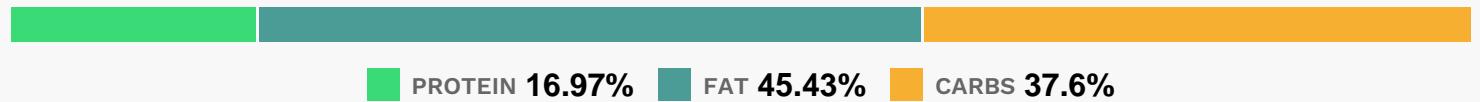
Equipment

frying pan

Directions

- Heat oil in large skillet over medium-high heat.
- Add green beans, salt and pepper; cook, stirring frequently, for 5 minutes.
- Add squash; cook, stirring frequently, for 3 minutes.
- Add tomatoes and garlic; cook, stirring frequently, for 2 minutes or until vegetables are tender. Toss in prepared pasta; cook, stirring frequently, for 3 minutes or until pasta is warm.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:11.53, Inflammation Score:-6, Nutrition Score:11.211739214866%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 354.73kcal (17.74%), Fat: 18.16g (27.95%), Saturated Fat: 5.66g (35.36%), Carbohydrates: 33.82g (11.27%), Net Carbohydrates: 29.63g (10.77%), Sugar: 4.8g (5.34%), Cholesterol: 47.44mg (15.81%), Sodium: 840.07mg (36.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.53%), Iron: 7.65mg (42.5%), Vitamin K: 32.05µg (30.52%), Vitamin C: 18.42mg (22.33%), Calcium: 180.37mg (18.04%), Fiber: 4.19g (16.77%), Phosphorus: 142.89mg (14.29%), Manganese: 0.28mg (14.1%), Vitamin A: 697.11IU (13.94%), Vitamin B6: 0.24mg (11.87%), Vitamin B2: 0.18mg (10.63%), Vitamin E: 1.43mg (9.54%), Folate: 36.67µg (9.17%), Potassium: 312.72mg (8.93%), Magnesium: 30.4mg (7.6%), Vitamin B1: 0.09mg (5.71%), Zinc: 0.66mg (4.39%), Copper: 0.09mg (4.34%), Vitamin B3: 0.79mg (3.95%), Selenium: 2.54µg (3.63%), Vitamin B5: 0.29mg (2.87%), Vitamin B12: 0.14µg (2.33%)