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Ravioli Pasta Sauce Dinner ♦♦

A delicious dinner recipe featuring ravioli pasta with a flavorful sauce. This dish is perfect for a cozy family meal or a dinner party with friends.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	ravioli pasta
2 c	tomato sauce
2 cloves	garlic
2 tbsp	olive oil
10 leaves	Basil

4 tbsp	parmesan cheese
1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Boiling

Cook the ravioli pasta according to package instructions.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Sautéing

In a saucepan, heat olive oil over medium heat. Add minced garlic and cook until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Simmering

Add tomato sauce to the saucepan and simmer for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Season the sauce with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Add cooked ravioli pasta to the sauce and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Garnish with fresh basil leaves and grated Parmesan cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 12 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Kitchen Tools

Grill

Course

Salads

Snacks

Sauces & Dressings

Cost

\$10 to \$20

\$20 to \$30

Demographics

Kids Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Vegetarian Diet

Vegan Diet

Meal Type

Dinner

Snack

Supper

Difficulty Level

Medium

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