

Bacon & Egg Ravioli

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Servings: 2

6 ounces cheese-filled ravioli, cooked
2 slices bacon, cooked and chopped
2 hard-boiled eggs, peeled and quartered
1 green onion, chopped
6 grape tomatoes, halved
3/4 cup reduced-sodium chicken broth
2 dashes hot sauce
salt (to taste)
pepper (to taste)

Divide the ravioli, bacon, eggs, green onion and tomatoes between two serving bowls.

In a microwave-safe cup, heat the broth and hot sauce until hot.

Pour over the ravioli in the bowls.

Season with salt and pepper.

Per Serving (excluding unknown items): 269 Calories; 14g Fat (48.5% calories from fat); 16g Protein; 18g Carbohydrate; 1g Dietary Fiber; 305mg Cholesterol; 684mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	269
% Calories from Fat:	48.5%
% Calories from Carbohydrates:	27.8%
% Calories from Protein:	23.7%
Total Fat (g):	14g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	305mg
Carbohydrate (g):	18g
Dietary Fiber (g):	1g
Protein (g):	16g
Sodium (mg):	684mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	39mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	1
Lean Meat:	1 1/2
Vegetable:	0

Potassium (mg): 179mg
Calcium (mg): 113mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 4mg
Vitamin A (i.u.): 562IU
Vitamin A (r.e.): 137 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 269 Calories from Fat: 130

% Daily Values*

Total Fat	14g	22%
Saturated Fat	6g	29%
Cholesterol	305mg	102%
Sodium	684mg	29%
Total Carbohydrates	18g	6%
Dietary Fiber	1g	3%
Protein	16g	

Vitamin A	11%
Vitamin C	7%
Calcium	11%
Iron	12%

* Percent Daily Values are based on a 2000 calorie diet.