

Beef Stroganoff Ravioli

CommunityTable.com

Servings: 4

2 tablespoons olive oil
1 large onion, chopped
2 packages (8 ounce ea) sliced mushrooms
2 tablespoons flour
1 package (25 ounce) beef ravioli
1 cup reduced-sodium beef broth
1 1/2 tablespoons Worcestershire sauce
3/4 cup light sour cream
1 1/2 teaspoons salt
pepper (to taste)
3 green onions (sliced) (for garnish)

In a large skillet, heat the olive oil over medium heat. Add the onions and cook for about 3 minutes.

Add the mushrooms and cook until tender and slightly browned, 5 to 8 minutes. Sprinkle the mixture with flour and stir to coat.

Add the ravioli, beef broth and Worcestershire sauce to the skillet. Stir to combine. Bring to a boil. Reduce the heat. Cover and simmer for 8 to 10 minutes, until the ravioli is cooked.

Add the sour cream, salt and pepper. Stir to fully combine. Cook on low an additional 5 minutes to heat through.

Top with green onions.

Per Serving (excluding unknown items): 113 Calories; 8g Fat (59.2% calories from fat); 2g Protein; 10g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 868mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	113	Vitamin B6 (mg):	.1mg
% Calories from Fat:	59.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	32.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	8g	Folacin (mcg):	14mcg
Saturated Fat (g):	2g	Niacin (mg):	2mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
			0
			1

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	3mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	868mg
Potassium (mg):	222mg
Calcium (mg):	36mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	13mg
Vitamin A (i.u.):	6IU
Vitamin A (r.e.):	2RE

Alcohol (kcal):	
% Daily Value*	0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	113	Calories from Fat: 67
-----------------	-----	-----------------------

% Daily Values*

Total Fat	8g	12%
Saturated Fat	2g	8%
Cholesterol	3mg	1%
Sodium	868mg	36%
Total Carbohydrates	10g	3%
Dietary Fiber	1g	4%
Protein	2g	
Vitamin A		0%
Vitamin C		22%
Calcium		4%
Iron		6%

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