



Artisola

# 42023 - Superfood Medley Ravioli Organic



Artisola Organic Superfood Medley Ravioli brings a savory mix of organic veggies & cheeses with roasted Portobello mushrooms, red peppers, kale, spinach, and garlic all folded in a ravioli. A Great Source of Vitamin A, 35% of your Daily Value, but also are a good source of Vitamin C and Calcium.



## Nutrition Facts

Servings per Container 1  
Serving size 8.00Z (8oz)

Amount per serving  
**Calories 490**

	% Daily Value*
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 1190mg	<b>52%</b>
<b>Total Carbohydrate</b> 61g	<b>22%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 3g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 25g	
Vitamin D 0.6mcg	<b>3%</b>
Calcium 380mg	<b>29%</b>
Iron 2.2mg	<b>12%</b>
Potassium 430mg	<b>9%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### \* Benefits

Featuring some of the season's best vegetables, the Artisola Superfood Medley Ravioli brings a strong mix of savory flavors paired with a blend of creamy, r5T-free, cheeses. The savory vegetable mix paired with the salty cheeses come together through the delicate addition of quality herbs and spices. Organic rosemary, garlic, and black pepper all work together to accent each delicious ingredient and meld them into one satisfying whole. Similar to a vegetable casserole mix, this specialty ravioli features Ricotta, Mozzarella, and Parmesan cheeses. Each cheese gives every bite a creamy base that is a wonderful contrast to the robust flavors of Portobello Mushrooms, Kale, Spinach, and Red Bell Peppers. Wrapped in a tender dough, made from Organic Durum Flour and Organic Eggs, this ravioli brings a whole meal of flavors in each tender bite. Whether you are making a fast meal for your busy family or simply providing yourself a filling meal full of delicious, and quality, ingredients, Artisola Superfood Medley is sure to please. Not only is our Artisola Superfood Medley Ravioli filled with good-for-you ingredients, but they also provide a Great Source of Vitamin A, 35% of your Daily Value, but also are a good source of Vitamin C and Calcium. Artisola Superfood Medley Ravioli is easily prepared in several different ways, the traditional method is a four-minute cook in a pot of gently boiling water. Simply strain and eat with alone or with a lite coating of olive oil. Take your dish to the next level with the addition of Artisola Superfood Pesto sauce and you'll surely please your whole family. A fun way to mix things up, and skip the boiling step, is to pan fry the Superfood Medley Ravioli in a non-stick pan; simply toast on both sides to a golden brown and serve with some freshly grated parmesan on top.

### Ingredients

Filling Ingredients: Organic Ricotta Cheese (Organic Milk [Whole and Skim], Organic Vinegar, Salt), Organic Low Moisture Part Skim Mozzarella Cheese (Pasteurized Part Skim Organic Milk, Cheese Cultures, Salt, Enzymes), Organic Roasted Portobello Mushrooms, Organic Red Pepper, Organic Kale, Organic Parmesan Cheese (Pasteurized Organic Milk, Cheese Cultures, Sea Salt, Enzymes), Organic Spinach, Organic Panko Bread Crumbs (Organic Wheat Flour, Organic Cane Sugar, Sea Salt, Yeast), Organic Garlic, Sea Salt, Organic Canola Oil, Organic Spices.  
Dough Ingredients: Organic Durum Flour, Organic Egg, Water

### Allergens

#### Contains:

eggs milk wheat

#### Free From:

crustaceans fish peanuts soy tree nuts

### Handling Suggestions

Keep refrigerated

### Serving Suggestions

Serve with favorite sauce, butter, or olive oil

### Prep & Cooking Suggestions

Bring pot of water to a gentle boil, place ravioli into pot, cook for 3 - 4 minutes or until 165 degrees.. Drain and serve

### Product Specifications

Brand	Manufacturer	Product Category
Artisola	Valley Fine Foods	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
073872746284	42023	42023	10073872746281		6/8 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
3.03lb	3lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.75in	7.69in	4.38in	0.23ft3	20x8	35days	35°F / 37°F



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## Nutrition Analysis - By Measure

Calories	490	Total Fat	18g	Sodium	1190mg
Protein	25	Trans Fats		Calcium	380mg
Total Carbohydrates...	61g	Saturated Fat	9g	Iron	2.2mg
Sugars	3g	Added Sugars	0g	Potassium	430mg
Dietary Fiber	5g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	105mg		
Vitamin A(U)		Vitamin D	0.6mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

