



Baked Ravioli and Vegetables

READY IN



30 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce broccoli frozen
- 9 ounce cheese-filled ravioli light refrigerated uncooked
- 2 tablespoons breadcrumbs dry fine
- 2 tablespoons flour all-purpose
- 1 clove garlic minced
- 0.3 teaspoon ground pepper
- 1 teaspoon penzey's southwest seasoning dried italian
- 0.8 cup preshredded parmesan cheese divided
- 0.3 teaspoon salt

- 12 ounce evaporated skimmed milk divided canned
- 10 cup water

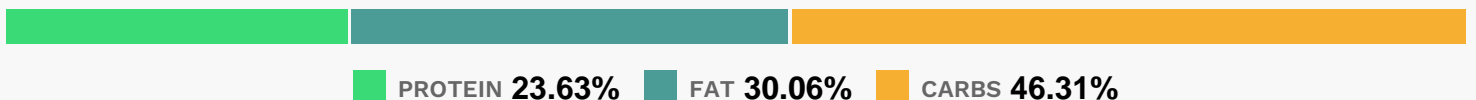
Equipment

- sauce pan
- oven
- baking pan
- dutch oven

Directions

- Bring water to a boil in a Dutch oven.
- Add pasta and vegetables; cook 5 minutes.
- Drain.
- While pasta and vegetables cook, combine 1/2 cup milk and flour; stir well.
- Combine flour mixture, remaining milk, Italian seasoning, and next 3 ingredients in a medium saucepan. Cook over medium heat, stirring constantly, until thickened and bubbly. Stir in 1/2 cup Parmesan cheese.
- Combine pasta mixture and cheese sauce; stir well. Spoon into an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray.
- Sprinkle with breadcrumbs.
- Bake at 350 for 15 minutes.
- Sprinkle remaining 1/4 cup cheese over breadcrumbs; bake 5 additional minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:45.54, Glycemic Load:9.81, Inflammation Score:-7, Nutrition Score:17.3386958993%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 259.69kcal (12.98%), Fat: 8.8g (13.53%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 30.49g (10.16%), Net Carbohydrates: 26.91g (9.79%), Sugar: 5.33g (5.92%), Cholesterol: 33.16mg (11.05%), Sodium: 652.06mg (28.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.11%), Vitamin C: 67.6mg (81.94%), Vitamin K: 79.77µg (75.97%), Iron: 5.51mg (30.62%), Calcium: 291.84mg (29.18%), Phosphorus: 206.9mg (20.69%), Folate: 58.6µg (14.65%), Fiber: 3.57g (14.29%), Vitamin A: 690.44IU (13.81%), Vitamin B2: 0.23mg (13.67%), Manganese: 0.25mg (12.33%), Selenium: 7.61µg (10.88%), Potassium: 361.62mg (10.33%), Vitamin B1: 0.14mg (9.59%), Vitamin B6: 0.19mg (9.58%), Magnesium: 35.28mg (8.82%), Vitamin B12: 0.49µg (8.18%), Vitamin B5: 0.73mg (7.29%), Zinc: 1.03mg (6.87%), Copper: 0.12mg (6.11%), Vitamin B3: 0.97mg (4.86%), Vitamin D: 0.69µg (4.57%), Vitamin E: 0.68mg (4.56%)