

## Beefy Baked Ravioli

READY IN



50 min.

SERVINGS



6

CALORIES



753 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14.5 ounce canned tomatoes diced drained canned
- 25 ounce cheese ravioli frozen
- 1 pound ground beef
- 1 cup monterrey jack cheese shredded
- 1 tablespoon parmesan cheese grated
- 1 cup mozzarella cheese shredded
- 14 ounce spaghetti sauce

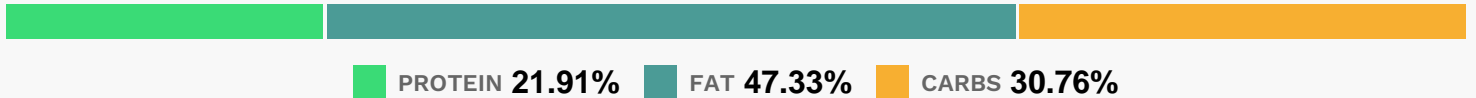
### Equipment

- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Preheat the oven to 450 degrees F (230 degrees C).
- Crumble the ground beef into a large skillet over medium-high heat. Cook and stir until no longer pink.
- Drain grease, then stir in the spaghetti sauce and tomatoes.
- Spread 1/3 of the sauce in the bottom of an 11x7 inch baking dish. Arrange 1/2 of the ravioli over the sauce.
- Sprinkle 1/2 of the mozzarella cheese and 1/2 of the Monterey Jack cheese over the ravioli. Repeat layers, ending with the last of the sauce on top. Cover with aluminum foil.
- Bake for 30 minutes in the preheated oven.
- Sprinkle Parmesan cheese over the top before serving.

## Nutrition Facts



## Properties

Glycemic Index:29.33, Glycemic Load:20.36, Inflammation Score:-5, Nutrition Score:19.822173854579%

## Nutrients (% of daily need)

Calories: 752.93kcal (37.65%), Fat: 39.57g (60.88%), Saturated Fat: 16.66g (104.09%), Carbohydrates: 57.86g (19.29%), Net Carbohydrates: 52.19g (18.98%), Sugar: 8.02g (8.91%), Cholesterol: 149.69mg (49.9%), Sodium: 1428.07mg (62.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.23g (82.45%), Iron: 15.55mg (86.37%), Vitamin B12: 2.21µg (36.85%), Phosphorus: 314.21mg (31.42%), Calcium: 311.92mg (31.19%), Zinc: 4.64mg (30.91%), Selenium: 18.34µg (26.21%), Vitamin B3: 4.73mg (23.63%), Fiber: 5.67g (22.69%), Vitamin B6: 0.43mg (21.71%), Vitamin B2: 0.32mg (18.8%), Potassium: 632.29mg (18.07%), Vitamin E: 2.21mg (14.72%), Vitamin A: 711.95IU (14.24%), Vitamin C: 10.93mg (13.25%), Copper: 0.26mg (12.8%), Magnesium: 45.59mg (11.4%), Manganese: 0.21mg (10.6%), Vitamin B5: 0.84mg (8.43%), Vitamin K: 7.76µg (7.39%), Vitamin B1: 0.11mg (7.23%), Folate: 24.9µg (6.22%), Vitamin D: 0.27µg (1.78%)