



Cheesy Baked Ravioli

READY IN



75 min.

SERVINGS



6

CALORIES



559 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 26 oz pasta sauce
- ☐ 10.8 oz condensed cream of cheddar cheese soup canned
- ☐ 25 oz cheese ravioli frozen italian
- ☐ 1.5 cups bell pepper frozen
- ☐ 6 oz mozzarella cheese shredded

Equipment

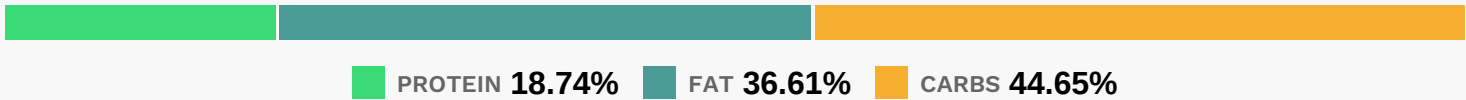
- ☐ oven
- ☐ baking pan

- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with nonstick cooking spray. In sprayed dish, combine pasta sauce and soup; mix well.
- ☐ Add frozen ravioli, and bell pepper and onion stir-fry; stir to coat. Cover with foil.
- ☐ Bake 1 hour. Uncover baking dish; sprinkle with cheese.
- ☐ Bake uncovered 5 to 10 minutes longer or until casserole is bubbly and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:20.42, Inflammation Score:-8, Nutrition Score:16.864347924357%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 558.71kcal (27.94%), Fat: 22.81g (35.1%), Saturated Fat: 9.24g (57.74%), Carbohydrates: 62.61g (20.87%), Net Carbohydrates: 56.2g (20.44%), Sugar: 9.41g (10.46%), Cholesterol: 88.21mg (29.4%), Sodium: 1756.51mg (76.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.27g (52.55%), Iron: 13.8mg (76.65%), Vitamin C: 56.28mg (68.22%), Vitamin A: 2094.57IU (41.89%), Fiber: 6.41g (25.64%), Calcium: 202.85mg (20.28%), Potassium: 694.59mg (19.85%), Vitamin E: 2.41mg (16.08%), Phosphorus: 143.21mg (14.32%), Vitamin B6: 0.24mg (11.96%), Vitamin B2: 0.19mg (11.28%), Vitamin B12: 0.65µg (10.77%), Manganese: 0.18mg (9.08%), Vitamin B3: 1.61mg (8.06%), Selenium: 5.59µg (7.99%), Zinc: 1.19mg (7.94%), Folate: 30.18µg (7.54%), Copper: 0.15mg (7.54%), Magnesium: 28.57mg (7.14%), Vitamin K: 5.92µg (5.64%), Vitamin B5: 0.54mg (5.38%), Vitamin B1: 0.06mg (3.87%)