



Do-Ahead Ravioli Sausage Lasagna

READY IN



570 min.

SERVINGS



8

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb sausage meat italian
- 26 oz pasta sauce (any variety)
- 25 oz cheese ravioli frozen
- 10 oz mozzarella cheese shredded
- 2 tablespoons parmesan cheese grated

Equipment

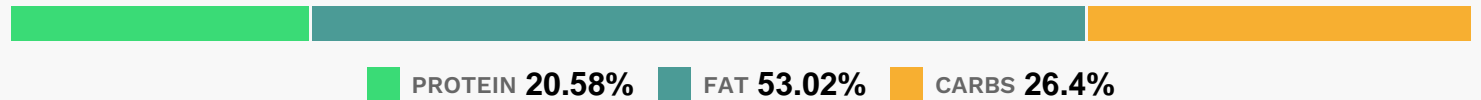
- frying pan
- oven

- aluminum foil
- glass baking pan

Directions

- In 10-inch skillet, cook sausage over medium heat, stirring occasionally, until no longer pink; drain.
- In ungreased 13x9-inch (3-quart) glass baking dish, spread 1/2 cup of the pasta sauce. Arrange single layer of frozen ravioli over sauce; evenly pour 1 cup pasta sauce over ravioli.
- Sprinkle evenly with 1 1/2 cups sausage and 1 cup of the mozzarella cheese. Repeat layers with remaining ravioli, pasta sauce and sausage.
- Cover tightly with foil; refrigerate at least 8 hours but no longer than 24 hours.
- Heat oven to 350°F.
- Bake covered 45 minutes.
- Remove foil; sprinkle with remaining 1 1/2 cups mozzarella and the Parmesan cheese.
- Bake about 15 minutes longer or until cheese is melted and lasagna is hot in center.
- Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:15.05, Inflammation Score:-5, Nutrition Score:14.559130533882%

Nutrients (% of daily need)

Calories: 644.15kcal (32.21%), Fat: 37.81g (58.17%), Saturated Fat: 14.59g (91.19%), Carbohydrates: 42.36g (14.12%), Net Carbohydrates: 38.44g (13.98%), Sugar: 5.42g (6.02%), Cholesterol: 127.95mg (42.65%), Sodium: 1678.16mg (72.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.02g (66.05%), Iron: 11.08mg (61.57%), Phosphorus: 253.93mg (25.39%), Vitamin B12: 1.43µg (23.79%), Calcium: 227mg (22.7%), Vitamin B3: 4.28mg (21.42%), Zinc: 2.83mg (18.86%), Vitamin B6: 0.32mg (16.06%), Fiber: 3.92g (15.66%), Vitamin B1: 0.23mg (15.2%), Vitamin B2: 0.25mg (14.76%), Vitamin A: 702.47IU (14.05%), Potassium: 478.64mg (13.68%), Vitamin E: 1.54mg (10.23%), Selenium: 7.01µg (10.02%), Vitamin C: 6.95mg (8.42%), Vitamin B5: 0.81mg (8.14%), Copper: 0.16mg (7.86%), Magnesium: 31.27mg (7.82%), Vitamin D: 1.07µg (7.13%), Manganese: 0.11mg (5.69%), Vitamin K: 3.7µg (3.52%), Folate: 11.56µg (2.89%)