



## Easy Baked Ravioli

READY IN



40 min.

SERVINGS



4

CALORIES



293 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 9 oz di giorno four cheese ravioli cooked drained
- 0.3 tsp pepper red crushed
- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 15 oz di giorno marinara sauce
- 1 small onion chopped
- 1 medium bell pepper red chopped
- 2 tsp tuscan house dressing italian kraft

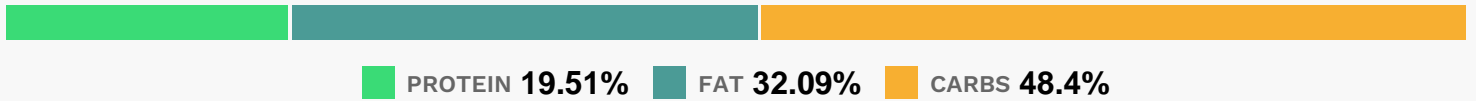
### Equipment

- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 350F.
- Heat dressing in large skillet on medium heat; add peppers and onions. Cook and stir 2 min. or until vegetables are crisp-tender. Stir in marinara sauce and crushed red pepper.
- Spread 1/2 cup of the sauce mixture onto bottom of shallow 11x7-inch baking dish. Cover with layers of half each of the ravioli, remaining sauce mixture and cheese. Repeat layers. Cover with foil.
- Bake 25 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:35.75, Glycemic Load:12.11, Inflammation Score:-8, Nutrition Score:12.16043488487%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

## Nutrients (% of daily need)

Calories: 293.37kcal (14.67%), Fat: 10.63g (16.35%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 31.69g (11.52%), Sugar: 7.44g (8.26%), Cholesterol: 43.4mg (14.47%), Sodium: 1007.94mg (43.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.54g (29.08%), Vitamin C: 46.83mg (56.76%), Iron: 7.9mg (43.9%), Vitamin A: 1497.27IU (29.95%), Fiber: 4.38g (17.54%), Calcium: 143.9mg (14.39%), Vitamin E: 2.12mg (14.1%), Potassium: 419.94mg (12%), Vitamin B6: 0.23mg (11.27%), Phosphorus: 107.01mg (10.7%), Manganese: 0.17mg (8.69%), Vitamin B2: 0.14mg (8.39%), Vitamin B3: 1.4mg (6.98%), Folate: 27.87µg (6.97%), Copper: 0.14mg (6.96%), Magnesium: 24.77mg (6.19%), Vitamin K: 5.98µg (5.7%), Zinc: 0.73mg (4.87%), Vitamin B5: 0.46mg (4.57%), Selenium: 2.84µg (4.05%), Vitamin B1: 0.05mg (3.52%), Vitamin B12: 0.11µg (1.91%)