

## Easy Mouthwatering Baked Ravioli

READY IN



45 min.

SERVINGS



4

CALORIES



598 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 clove garlic minced
- ☐ 0.3 pound ground beef
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 2 tablespoons parmesan cheese shredded
- ☐ 1 pound ravioli
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup mozzarella cheese shredded

☐ 2 cups spinach leaves fresh

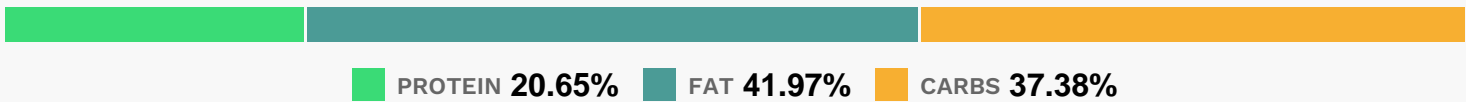
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ casserole dish
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Grease a 2-quart casserole dish.
- ☐ Cook and stir ground beef in a skillet over medium heat until the meat is browned and crumbly, 8 to 10 minutes; stir in garlic and cook just until fragrant, about 1 minute.
- ☐ Pour in diced tomatoes and mix in Italian seasoning and salt. Reduce heat to low and cook at a simmer, stirring occasionally, while you complete remaining steps.
- ☐ Bring a large pot of water to a boil, stir in frozen ravioli, and reduce heat to medium. Cook ravioli until tender, 6 to 7 minutes.
- ☐ Drain.
- ☐ Place half the ravioli into the bottom of the prepared baking dish and cover with layers of half the spinach, half the ground beef sauce, half the mozzarella cheese, half the Cheddar cheese, and 1 tablespoon shredded Parmesan cheese. Repeat layers once more and sprinkle top with remaining 1 tablespoon Parmesan cheese. Cover dish with foil.
- ☐ Bake in preheated oven until casserole is bubbling and cheese has melted, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:56.25, Glycemic Load:19.42, Inflammation Score:-8, Nutrition Score:20.766087055206%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 597.83kcal (29.89%), Fat: 28.01g (43.09%), Saturated Fat: 11.63g (72.7%), Carbohydrates: 56.13g (18.71%), Net Carbohydrates: 50.37g (18.32%), Sugar: 7.09g (7.88%), Cholesterol: 108.25mg (36.08%), Sodium: 1667.99mg (72.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31g (62%), Iron: 14.44mg (80.21%), Vitamin K: 82.23µg (78.32%), Vitamin A: 1891.77IU (37.84%), Calcium: 287.44mg (28.74%), Fiber: 5.75g (23.02%), Phosphorus: 218.52mg (21.85%), Manganese: 0.37mg (18.53%), Vitamin B12: 1.11µg (18.43%), Selenium: 12.09µg (17.27%), Zinc: 2.56mg (17.08%), Vitamin C: 13.92mg (16.87%), Vitamin B6: 0.31mg (15.33%), Potassium: 494.59mg (14.13%), Vitamin B2: 0.24mg (13.97%), Vitamin B3: 2.62mg (13.1%), Vitamin E: 1.94mg (12.9%), Folate: 49.77µg (12.44%), Copper: 0.24mg (11.89%), Magnesium: 46.49mg (11.62%), Vitamin B1: 0.11mg (7.51%), Vitamin B5: 0.54mg (5.36%), Vitamin D: 0.18µg (1.21%)