



Easy Ravioli Bake

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 teaspoon pepper black
- 18 ounce chicken ravioli refrigerated (such as Monterey Pasta Company)
- 0.3 teaspoon pepper red crushed
- 0.5 teaspoon basil dried
- 0.3 cup cooking wine dry white
- 4 garlic cloves minced
- 0.5 cup bell pepper green chopped
- 58 ounce no salt-added tomatoes whole undrained chopped canned

- 1 cup onion chopped
- 0.5 teaspoon oregano dried
- 2 ounces part-skim mozzarella cheese shredded
- 0.8 teaspoon salt
- 6 tablespoons tomato paste

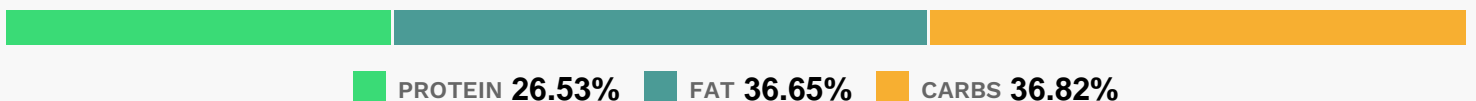
Equipment

- oven
- baking pan
- dutch oven

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain well.
- Preheat oven to 40
- Heat a Dutch oven coated with cooking spray over medium-high heat.
- Add onion, bell pepper, oregano, and garlic; saut 5 minutes or until vegetables are tender.
- Add wine and next 6 ingredients (wine through tomato paste), stirring well to combine; bring to a boil. Reduce heat, and simmer 20 minutes, stirring often.
- Remove from heat.
- Add pasta to tomato mixture, tossing well to combine. Spoon pasta mixture into an 8-inch square baking dish lightly coated with cooking spray, and sprinkle evenly with cheese.
- Bake at 400 for 30 minutes or until the cheese melts and begins to brown.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:2.83, Inflammation Score:-9, Nutrition Score:24.276086895362%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg

Nutrients (% of daily need)

Calories: 295.18kcal (14.76%), Fat: 12.25g (18.84%), Saturated Fat: 4.21g (26.32%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 21.32g (7.75%), Sugar: 15.21g (16.9%), Cholesterol: 55mg (18.33%), Sodium: 802.98mg (34.91%), Alcohol: 1.54g (100%), Alcohol %: 0.33% (100%), Protein: 19.95g (39.9%), Vitamin C: 63.34mg (76.78%), Vitamin B6: 0.87mg (43.69%), Vitamin B3: 8.05mg (40.25%), Potassium: 1267.28mg (36.21%), Iron: 5.76mg (32%), Manganese: 0.58mg (29%), Vitamin E: 4.22mg (28.12%), Calcium: 279.25mg (27.92%), Phosphorus: 277.47mg (27.75%), Fiber: 6.37g (25.47%), Vitamin B2: 0.4mg (23.82%), Copper: 0.45mg (22.41%), Vitamin A: 1113.43IU (22.27%), Vitamin K: 21.38µg (20.37%), Magnesium: 80.79mg (20.2%), Selenium: 13.23µg (18.9%), Vitamin B1: 0.28mg (18.36%), Zinc: 2.09mg (13.92%), Folate: 51.44µg (12.86%), Vitamin B5: 1.19mg (11.85%), Vitamin B12: 0.31µg (5.1%), Vitamin D: 0.17µg (1.1%)