



Easy Ravioli Bake

READY IN



70 min.

SERVINGS



8

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 25.5 oz pasta sauce organic (any variety)
- 25 oz cheese ravioli frozen
- 8 oz mozzarella cheese shredded
- 2 tablespoons parmesan cheese grated

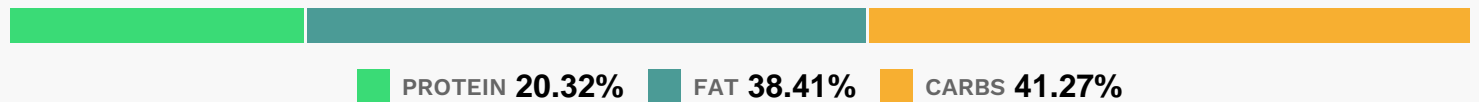
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 350°F. Spray bottom and sides of rectangular baking dish, 13x9x2-inches, with cooking spray.
- Spread 3/4 cup of the pasta sauce in baking dish. Arrange half of the frozen ravioli in single layer over sauce; top with half of the remaining pasta sauce and 1 cup of the mozzarella cheese. Repeat layers once, starting with ravioli.
- Sprinkle with Parmesan cheese.
- Cover with foil; bake 40 minutes.
- Remove foil; bake 15 to 20 minutes or until bubbly and hot in center.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:14.98, Inflammation Score:-4, Nutrition Score:9.2634782920713%

Nutrients (% of daily need)

Calories: 407.01kcal (20.35%), Fat: 17.42g (26.8%), Saturated Fat: 7.42g (46.4%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 38.22g (13.9%), Sugar: 5.28g (5.87%), Cholesterol: 71.32mg (23.77%), Sodium: 1174.57mg (51.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.74g (41.47%), Iron: 10.25mg (56.93%), Calcium: 184.58mg (18.46%), Fiber: 3.89g (15.56%), Phosphorus: 132.68mg (13.27%), Vitamin A: 593.73IU (11.87%), Vitamin B12: 0.66µg (11.05%), Vitamin E: 1.36mg (9.08%), Vitamin B2: 0.14mg (8.43%), Potassium: 292.23mg (8.35%), Selenium: 5.8µg (8.28%), Vitamin C: 6.33mg (7.67%), Zinc: 1.08mg (7.2%), Copper: 0.11mg (5.38%), Manganese: 0.11mg (5.31%), Vitamin B6: 0.1mg (5%), Magnesium: 19.66mg (4.92%), Vitamin B3: 0.93mg (4.63%), Vitamin B5: 0.32mg (3.23%), Vitamin K: 3.2µg (3.05%), Folate: 10.19µg (2.55%), Vitamin B1: 0.03mg (2.04%)