



Easy Ravioli Bake

READY IN



70 min.

SERVINGS



8

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 25 ounces cheese ravioli frozen
- 2 tablespoons parmesan cheese grated
- 26 ounces pasta sauce (any variety)
- 8 ounces mozzarella cheese shredded

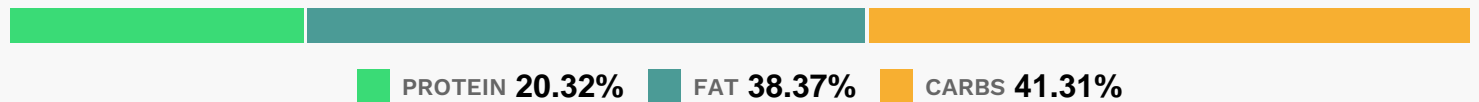
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 350F. 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 aluminum foil and bake 40 minutes.
- Remove foil; bake uncovered 15 to 20 minutes longer or until bubbly and hot in center.
- Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:15.01, Inflammation Score:-4, Nutrition Score:9.3339130178742%

Nutrients (% of daily need)

Calories: 407.44kcal (20.37%), Fat: 17.43g (26.81%), Saturated Fat: 7.42g (46.4%), Carbohydrates: 42.2g (14.07%), Net Carbohydrates: 38.29g (13.92%), Sugar: 5.34g (5.94%), Cholesterol: 71.32mg (23.77%), Sodium: 1182.97mg (51.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.76g (41.51%), Iron: 10.26mg (57.02%), Calcium: 184.83mg (18.48%), Fiber: 3.92g (15.66%), Phosphorus: 133.16mg (13.32%), Vitamin A: 601.4IU (12.03%), Vitamin B12: 0.66µg (11.05%), Vitamin E: 1.39mg (9.25%), Potassium: 297.49mg (8.5%), Vitamin B2: 0.14mg (8.5%), Selenium: 5.81µg (8.3%), Vitamin C: 6.45mg (7.82%), Zinc: 1.08mg (7.23%), Copper: 0.11mg (5.48%), Manganese: 0.11mg (5.41%), Vitamin B6: 0.1mg (5.09%), Magnesium: 19.93mg (4.98%), Vitamin B3: 0.94mg (4.72%), Vitamin B5: 0.33mg (3.29%), Vitamin K: 3.25µg (3.1%), Folate: 10.35µg (2.59%), Vitamin B1: 0.03mg (2.06%)