



WHATSheATE



Easy Ravioli Lasagna

READY IN



53 min.

SERVINGS



6

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 22 ounce cheese ravioli whole-wheat whole frozen (such as Foods 365 Everyday Value)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 4 garlic clove minced
- ☐ 4 ounces ground sirloin 90% lean
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 cups tomatoes (such as Dell'Amore)
- ☐ 0.3 cup parmesan grated
- ☐ 0.8 cup part-skim mozzarella cheese shredded
- ☐ 4 ounces ground sausage italian hot

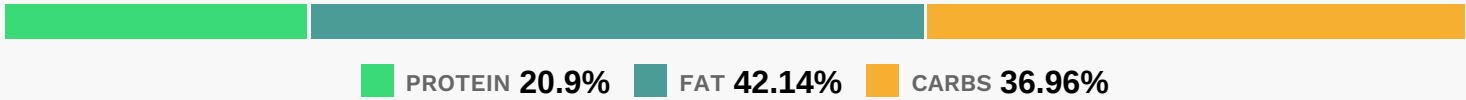
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat oven to 37
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sausage, beef, and garlic; cook 4 minutes or until meat is browned, stirring frequently to crumble. Stir in marinara sauce, salt, and pepper; bring just to a simmer.
- ☐ Remove from heat. Stir in frozen ravioli; toss to combine.
- ☐ Coat an 8-inch square broiler-safe glass or ceramic baking dish with cooking spray. Spoon ravioli mixture into pan; top evenly with mozzarella cheese. Cover dish tightly with foil coated with cooking spray.
- ☐ Bake at 375 for 40 minutes. Uncover and sprinkle evenly with Parmigiano-Reggiano cheese.
- ☐ Preheat broiler (leave dish in oven). Broil 3 minutes or until cheese is bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:17.22, Inflammation Score:-4, Nutrition Score:12.020869496076%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 526.88kcal (26.34%), Fat: 24.6g (37.85%), Saturated Fat: 9.44g (59%), Carbohydrates: 48.55g (16.18%), Net Carbohydrates: 44.28g (16.1%), Sugar: 5.2g (5.78%), Cholesterol: 95.14mg (31.71%), Sodium: 1382.66mg (60.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.46g (54.92%), Iron: 12.37mg (68.71%), Calcium: 201.2mg (20.12%), Phosphorus: 178.25mg (17.83%), Fiber: 4.27g (17.08%), Selenium: 11.42µg (16.31%), Zinc: 1.89mg (12.62%), Vitamin B12: 0.75µg (12.45%), Vitamin B6: 0.24mg (12.11%), Vitamin B3: 2.35mg (11.76%), Potassium: 371.37mg (10.61%), Vitamin B2: 0.17mg (10.16%), Vitamin A: 478.39IU (9.57%), Vitamin B1: 0.14mg (9.55%), Vitamin E: 1.31mg (8.72%), Vitamin C: 6.72mg (8.14%), Manganese: 0.14mg (6.87%), Copper: 0.13mg (6.67%), Magnesium: 23.98mg (5.99%), Vitamin B5: 0.5mg (4.95%), Folate: 11.63µg (2.91%), Vitamin K: 2.95µg (2.81%)