



Fuss-Free Ravioli and Cheese Bake

READY IN



65 min.

SERVINGS



5

CALORIES



471 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 oz beef broth fat-free reduced-sodium canned
- 14 oz canned tomatoes diced undrained canned
- 18 oz cheese ravioli refrigerated uncooked
- 2 Tbsp basil fresh chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1.5 cups classico family favorites pasta sauce traditional
- 1 cup mozzarella cheese shredded with a touch of philadelphia kraft

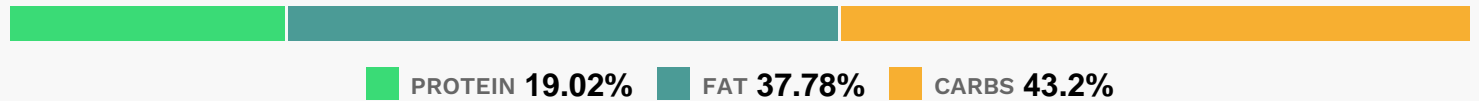
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Combine first 4 ingredients in 13x9-inch baking dish sprayed with cooking spray.
- Add ravioli; stir to coat. Cover.
- Bake 50 min. or until ravioli is tender.
- Top with cheese; let stand 5 min. or until melted.
- Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:36.2, Glycemic Load:16.69, Inflammation Score:-5, Nutrition Score:12.060869740403%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 470.51kcal (23.53%), Fat: 19.88g (30.58%), Saturated Fat: 7.33g (45.8%), Carbohydrates: 51.15g (17.05%), Net Carbohydrates: 46.29g (16.83%), Sugar: 8.05g (8.95%), Cholesterol: 72.81mg (24.27%), Sodium: 1452.77mg (63.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.51g (45.03%), Iron: 12.34mg (68.55%), Vitamin K: 21.91µg (20.87%), Fiber: 4.86g (19.42%), Calcium: 174.42mg (17.44%), Vitamin C: 13.03mg (15.79%), Potassium: 515.25mg (14.72%), Vitamin A: 699.71IU (13.99%), Vitamin E: 1.92mg (12.79%), Phosphorus: 117.4mg (11.74%), Vitamin B2: 0.16mg (9.22%), Vitamin B6: 0.18mg (8.99%), Manganese: 0.18mg (8.95%), Vitamin B12: 0.51µg (8.51%), Copper: 0.15mg (7.68%), Vitamin B3: 1.36mg (6.77%), Magnesium: 26.44mg (6.61%), Selenium: 4.57µg (6.53%), Zinc: 0.96mg (6.37%), Vitamin B1: 0.06mg (4.22%), Folate: 16.25µg (4.06%), Vitamin B5: 0.36mg (3.58%)