

Inside Out Ravioli II

READY IN



80 min.

SERVINGS



15

CALORIES



244 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce pkt spinach frozen chopped
- ☐ 1 pound ground beef lean
- ☐ 1 pound seashell pasta
- ☐ 52 ounce pasta sauce
- ☐ 8 ounces cheddar cheese shredded divided

Equipment

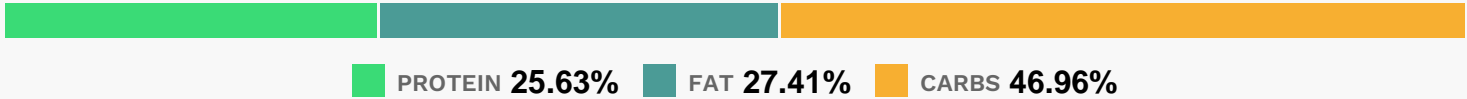
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Cook spinach according to package directions; drain.
- ☐ In a skillet over medium heat, cook ground beef until brown; drain. In a large bowl, stir together cooked beef, spinach, pasta sauce and all but 1/4 cup of the Cheddar cheese. Reserve 2 cups of sauce mixture. Stir the pasta shells into the remaining sauce mixture.
- ☐ Pour shell mixture into a 9x13 inch baking dish and top with reserved sauce and sprinkle with reserved cheese.
- ☐ Bake in preheated oven 45 minutes, until browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:10.86, Inflammation Score:-9, Nutrition Score:18.622174016807%

Nutrients (% of daily need)

Calories: 244.37kcal (12.22%), Fat: 7.51g (11.56%), Saturated Fat: 3.72g (23.22%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 25.97g (9.44%), Sugar: 4.48g (4.98%), Cholesterol: 33.87mg (11.29%), Sodium: 600.48mg (26.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.61%), Vitamin K: 73.54µg (70.04%), Vitamin A: 2793.22IU (55.86%), Selenium: 30.38µg (43.39%), Manganese: 0.52mg (26%), Phosphorus: 222.07mg (22.21%), Zinc: 2.84mg (18.95%), Vitamin B3: 3.25mg (16.27%), Potassium: 540.98mg (15.46%), Calcium: 154.11mg (15.41%), Vitamin B6: 0.3mg (15.04%), Vitamin E: 2.19mg (14.63%), Vitamin B2: 0.24mg (14.1%), Vitamin B12: 0.84µg (13.96%), Magnesium: 55.68mg (13.92%), Iron: 2.44mg (13.54%), Copper: 0.26mg (12.8%), Fiber: 2.99g (11.96%), Folate: 46.38µg (11.59%), Vitamin C: 7.92mg (9.6%), Vitamin B5: 0.71mg (7.08%), Vitamin B1: 0.09mg (5.69%)