



Italian Ravioli Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces asiago cheese shredded divided
- ☐ 18 ounce cheese ravioli fresh reduced-fat
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 6 ounce pkt spinach fresh (6 cups)
- ☐ 26 ounce tomato basil sauce (such as Classico)

Equipment

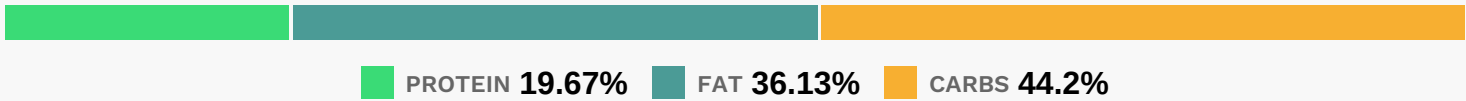
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Cook ravioli in boiling water 3 minutes, omitting salt and fat. Stir in spinach until wilted.
- ☐ Drain.
- ☐ Combine pasta sauce and pepper. Spoon 1 1/2 cups sauce mixture in the bottom of an 11 x 7-inch baking dish. Spoon half of the ravioli mixture over sauce. Top with 1/2 cup cheese. Spoon remaining ravioli mixture over cheese. Top with remaining sauce. Cover with foil; bake for 25 minutes.
- ☐ Remove foil; sprinkle with 1/2 cup cheese.
- ☐ Bake, uncovered, for an additional 5 minutes or until cheese melts.
- ☐ Garnish with basil.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:13.03, Inflammation Score:-9, Nutrition Score:17.9426087763%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 452.97kcal (22.65%), Fat: 18.02g (27.72%), Saturated Fat: 6.92g (43.26%), Carbohydrates: 49.6g (16.53%), Net Carbohydrates: 42.54g (15.47%), Sugar: 10.83g (12.03%), Cholesterol: 58.78mg (19.59%), Sodium: 1314.6mg (57.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.06g (44.13%), Vitamin K: 141.58µg (134.83%), Vitamin A: 3645.2IU (72.9%), Iron: 10.58mg (58.75%), Calcium: 310.48mg (31.05%), Fiber: 7.06g (28.24%), Vitamin C: 14.04mg (17.02%), Potassium: 574.89mg (16.43%), Phosphorus: 146.12mg (14.61%), Folate: 57.05µg (14.26%), Manganese: 0.27mg (13.62%), Magnesium: 31.6mg (7.9%), Vitamin B2: 0.12mg (6.98%), Selenium: 4.57µg (6.53%), Vitamin E: 0.69mg (4.59%), Zinc: 0.69mg (4.57%), Vitamin B6: 0.08mg (3.88%), Vitamin B12: 0.23µg (3.78%), Copper: 0.05mg (2.42%), Vitamin B1: 0.03mg (2.02%), Vitamin B3: 0.28mg (1.42%), Vitamin B5: 0.11mg (1.08%)