



Last-Minute Lasagna

READY IN



10 min.

SERVINGS



6

CALORIES



760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 36 ounce cheese ravioli refrigerated
- ☐ 2 ounces parmesan grated
- ☐ 26 ounce pasta sauce
- ☐ 8 ounce mozzarella cheese shredded
- ☐ 10 ounce spinach frozen dry thawed chopped

Equipment

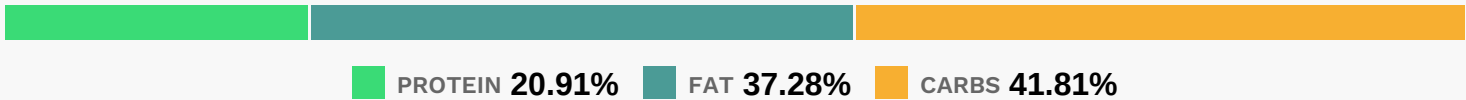
- ☐ oven
- ☐ baking pan

☐ aluminum foil

Directions

- ☐ Heat oven to 375 F.Spoon a thin layer of sauce over the bottom of a 9-by-13-inch baking dish. Cover with a single layer of ravioli. Top with half the spinach, half the mozzarella, and a third of the sauce. Repeat with another layer of ravioli and the remaining spinach, mozzarella, and half the remaining sauce. Top with another layer of ravioli and the remaining sauce (not all the ravioli may be needed).
- ☐ Sprinkle with the Parmesan. Cover with foil and bake for 30 minutes. Uncover and bake until bubbly, 5 to 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:27.87, Inflammation Score:-10, Nutrition Score:26.913913037466%

Nutrients (% of daily need)

Calories: 760.05kcal (38%), Fat: 31.62g (48.64%), Saturated Fat: 13.24g (82.77%), Carbohydrates: 79.79g (26.6%), Net Carbohydrates: 71.71g (26.08%), Sugar: 8.55g (9.5%), Cholesterol: 128.14mg (42.71%), Sodium: 2055.15mg (89.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.9g (79.8%), Vitamin K: 180.24µg (171.65%), Vitamin A: 6401.7IU (128.03%), Iron: 20.07mg (111.52%), Calcium: 414.94mg (41.49%), Fiber: 8.08g (32.31%), Phosphorus: 255.71mg (25.57%), Manganese: 0.48mg (23.87%), Vitamin E: 3.23mg (21.55%), Folate: 82.88µg (20.72%), Vitamin B2: 0.32mg (19.06%), Selenium: 12.12µg (17.32%), Magnesium: 65.58mg (16.4%), Vitamin B12: 0.98µg (16.25%), Potassium: 565.76mg (16.16%), Vitamin C: 11.2mg (13.57%), Zinc: 1.9mg (12.66%), Vitamin B6: 0.22mg (11.21%), Copper: 0.22mg (10.82%), Vitamin B3: 1.52mg (7.61%), Vitamin B1: 0.09mg (5.93%), Vitamin B5: 0.52mg (5.2%), Vitamin D: 0.2µg (1.32%)