

Lazy Lasagna II

READY IN



80 min.

SERVINGS



8

CALORIES



978 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds cheese ravioli frozen thawed
- 1.5 pounds ground beef
- 1 small onion chopped
- 4 cups mozzarella cheese shredded
- 28 ounce pasta sauce

Equipment

- frying pan
- oven

baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a skillet over medium heat, brown ground beef with onion; drain grease.
- Pour in spaghetti sauce and simmer 5 minutes.
- In a 9x13 inch baking dish, spread enough sauce and beef to cover bottom and put a layer of ravioli down end to end.
- Spread a layer of sauce and cheese just like you would with regular lasagna. Keep layering and finish with sauce on top.
- Bake uncovered in a preheated oven for 1 hour.
- Let sit for 5 minutes before serving.

Nutrition Facts

 PROTEIN 21.91%  **FAT 46.22%**  **CARBS 31.87%**

Properties

Glycemic Index:17.25, Glycemic Load:27.67, Inflammation Score:-5, Nutrition Score:21.239565123682%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 977.76kcal (48.89%), Fat: 49.92g (76.8%), Saturated Fat: 20.59g (128.66%), Carbohydrates: 77.46g (25.82%), Net Carbohydrates: 70.96g (25.8%), Sugar: 7.88g (8.76%), Cholesterol: 196.48mg (65.49%), Sodium: 1928.27mg (83.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.26g (106.52%), Iron: 20.63mg (114.59%), Vitamin B12: 3.1µg (51.61%), Phosphorus: 361.94mg (36.19%), Zinc: 5.42mg (36.16%), Calcium: 348.03mg (34.8%), Selenium: 22.92µg (32.74%), Fiber: 6.5g (26.01%), Vitamin B3: 4.65mg (23.23%), Vitamin B2: 0.35mg (20.66%), Vitamin B6: 0.4mg (20.16%), Potassium: 579.66mg (16.56%), Vitamin A: 808.37IU (16.17%), Vitamin E: 1.89mg (12.57%), Magnesium: 41.42mg (10.35%), Vitamin C: 7.59mg (9.2%), Copper: 0.18mg (8.78%), Vitamin B5: 0.82mg (8.23%), Manganese: 0.14mg (7.14%), Vitamin B1: 0.08mg (5.41%), Vitamin K: 5.63µg (5.36%), Folate: 20.47µg (5.12%), Vitamin D: 0.31µg (2.06%)