



Microwave Ravioli Casserole

READY IN



20 min.

SERVINGS



6

CALORIES



321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound ground beef lean
- 0.3 cup onion chopped
- 30 ounces beef-filled ravioli canned
- 4 ounces cheddar cheese shredded

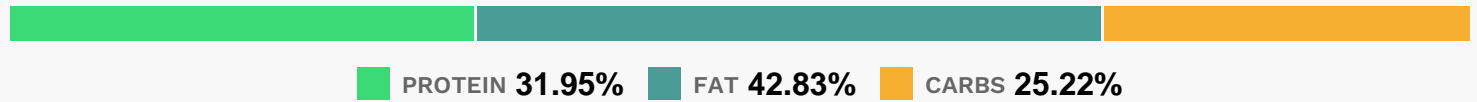
Equipment

- microwave

Directions

- Crumble beef into 2-quart microwavable casserole.
- Add onion. Cover loosely and microwave on High 5 to 6 minutes, stirring after 3 minutes, until beef is no longer pink; drain.
- Stir in ravioli. Cover tightly and microwave 5 to 7 minutes, stirring after 3 minutes, until hot.
- Sprinkle with cheese. Cover and let stand until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:14.895652164584%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 320.84kcal (16.04%), Fat: 15.05g (23.15%), Saturated Fat: 7.4g (46.26%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 17.7g (6.44%), Sugar: 3.14g (3.49%), Cholesterol: 72.86mg (24.29%), Sodium: 574.91mg (25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.26g (50.51%), Selenium: 32.14µg (45.92%), Vitamin B12: 2.11µg (35.11%), Zinc: 5.11mg (34.04%), Vitamin B3: 5.93mg (29.64%), Phosphorus: 294.88mg (29.49%), Vitamin B6: 0.4mg (19.77%), Iron: 3.39mg (18.83%), Vitamin B2: 0.29mg (16.92%), Calcium: 158.97mg (15.9%), Potassium: 538.17mg (15.38%), Manganese: 0.23mg (11.46%), Vitamin A: 504.19IU (10.08%), Magnesium: 39.41mg (9.85%), Folate: 38.78µg (9.7%), Fiber: 2.24g (8.96%), Vitamin B1: 0.12mg (8.02%), Copper: 0.14mg (7.11%), Vitamin E: 1.06mg (7.09%), Vitamin B5: 0.57mg (5.72%), Vitamin K: 1.84µg (1.75%), Vitamin D: 0.19µg (1.26%)