



One-Pot Pasta

READY IN



38 min.

SERVINGS



4

CALORIES



1013 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 20 ounce cheese ravioli refrigerated
- 8 ounce mushrooms fresh sliced
- 2 garlic clove minced
- 1 tablespoon seasoning dried italian
- 1 pound ground beef lean
- 1 small onion diced
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 4 ounces mozzarella cheese shredded

- 52 ounce tomato basil sauce
- 1 teaspoon vegetable oil
- 1 cup water

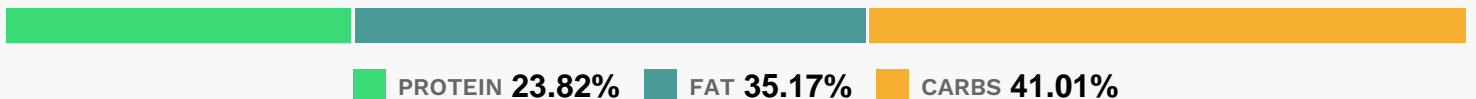
Equipment

- dutch oven

Directions

- Cook ground beef in a Dutch oven over medium-high heat, stirring until it crumbles and is no longer pink; drain. Wipe Dutch oven clean.
- Saut onion and mushrooms in hot oil over medium-high heat 8 minutes or until tender.
- Add garlic, and saut 1 minute. Stir in beef, pasta sauce, 1 cup water, and next 3 ingredients.
- Bring sauce to a boil; add ravioli. Reduce heat to medium-low, cover, and simmer, stirring occasionally, 8 to 10 minutes or until pasta is done. Stir in cheese.
- Serve immediately.
- Note: For testing purposes only, we used Classico Tomato & Basil pasta sauce and Buitoni Family Size Four Cheese Ravioli.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:22.33, Inflammation Score:-9, Nutrition Score:30.056521871816%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 1013.06kcal (50.65%), Fat: 38.99g (59.99%), Saturated Fat: 13.47g (84.19%), Carbohydrates: 102.33g (34.11%), Net Carbohydrates: 85.02g (30.92%), Sugar: 31.59g (35.1%), Cholesterol: 169.25mg (56.42%), Sodium: 2810.67mg (122.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.42g (118.84%), Iron: 20.58mg (114.33%),

Fiber: 17.31g (69.22%), Vitamin B12: 3.21µg (53.49%), Potassium: 1822.58mg (52.07%), Vitamin A: 2425.34IU (48.51%), Zinc: 6.98mg (46.56%), Selenium: 30.19µg (43.12%), Vitamin B3: 8.4mg (41.98%), Phosphorus: 383.06mg (38.31%), Calcium: 330.57mg (33.06%), Vitamin B2: 0.5mg (29.64%), Vitamin B6: 0.57mg (28.35%), Vitamin C: 20.67mg (25.06%), Vitamin B5: 1.66mg (16.6%), Copper: 0.3mg (15.07%), Vitamin K: 11.13µg (10.6%), Magnesium: 42.03mg (10.51%), Manganese: 0.17mg (8.66%), Vitamin B1: 0.11mg (7.62%), Folate: 23.65µg (5.91%), Vitamin E: 0.7mg (4.69%), Vitamin D: 0.34µg (2.27%)