



WHATSheATE



Primavera Ravioli Bake

READY IN



85 min.

SERVINGS



6

CALORIES



602 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 25 oz cheese ravioli frozen italian
- ☐ 6 cups broccoli florets frozen
- ☐ 0.5 cup roasted peppers red drained chopped (from 7-oz jar)
- ☐ 1 lb alfredo sauce
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon seasoning italian
- ☐ 1 cup croutons crushed

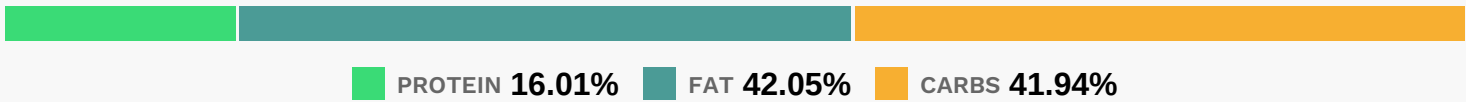
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ Spread frozen ravioli in baking dish. Top with remaining ingredients except croutons; mix slightly to coat ravioli.
- ☐ Cover baking dish with foil.
- ☐ Bake 50 minutes; stir.
- ☐ Sprinkle with croutons.
- ☐ Bake uncovered 10 to 15 minutes longer or until bubbly around edges and thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:21.86, Inflammation Score:-7, Nutrition Score:18.791304546854%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 601.56kcal (30.08%), Fat: 28.03g (43.13%), Saturated Fat: 11.57g (72.33%), Carbohydrates: 62.92g (20.97%), Net Carbohydrates: 56.71g (20.62%), Sugar: 6.59g (7.33%), Cholesterol: 117.04mg (39.01%), Sodium: 1473.2mg (64.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.04%), Vitamin C: 86.6mg (104.97%), Vitamin K: 93.95µg (89.47%), Iron: 13.35mg (74.19%), Fiber: 6.21g (24.84%), Folate: 66.19µg (16.55%), Vitamin A: 679.84IU (13.6%), Manganese: 0.24mg (12.22%), Calcium: 115.15mg (11.52%), Potassium: 358.64mg (10.25%), Vitamin B6: 0.2mg (10.08%), Phosphorus: 99.19mg (9.92%), Vitamin B2: 0.17mg (9.8%), Vitamin B1: 0.12mg (7.74%), Selenium: 4.77µg (6.82%), Vitamin B5: 0.66mg (6.63%), Magnesium: 26.05mg (6.51%), Vitamin E: 0.76mg (5.04%), Vitamin B3: 0.96mg (4.79%), Zinc: 0.57mg (3.79%), Copper: 0.07mg (3.46%), Vitamin B12: 0.16µg (2.74%),

Vitamin D: 0.34µg (2.24%)