



Randy's Slow Cooker Ravioli Lasagna

READY IN



260 min.

SERVINGS



8

CALORIES



796 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 25 ounce cheese ravioli frozen thawed
- 1 teaspoon basil dried
- 1 tablespoon garlic chopped
- 1 teaspoon garlic powder
- 1 pound ground beef
- 0.5 teaspoon ground pepper black
- 1 teaspoon penzey's southwest seasoning italian
- 1 teaspoon oregano dried
- 48 ounce pasta sauce prepared

- 1 teaspoon salt
- 2 cups mozzarella cheese shredded

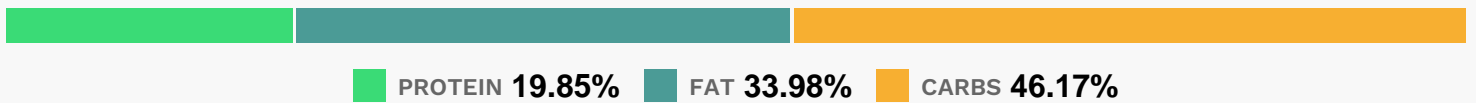
Equipment

- frying pan
- ladle
- slow cooker

Directions

- Heat a large skillet over medium-high heat. Cook and stir beef, garlic, garlic powder, salt, and pepper in the hot skillet until meat is browned and crumbly, 5 to 7 minutes.
- Drain and discard grease. Stir pasta sauce, Italian seasoning, basil, and oregano into ground beef mixture.
- Ladle a generous layer of meat sauce into the bottom of a slow cooker; add a layer of ravioli. Ladle another layer of meat sauce over ravioli layer; alternate with remaining ravioli and meat sauce until all ingredients are used.
- Cook on Low for 3 to 5 hours.
- Sprinkle ravioli mixture with mozzarella cheese and continue cooking until cheese is melted, 45 minutes to 1 hour more.

Nutrition Facts



Properties

Glycemic Index:23.94, Glycemic Load:37.53, Inflammation Score:-5, Nutrition Score:18.368695789057%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 796.44kcal (39.82%), Fat: 29.68g (45.66%), Saturated Fat: 11.81g (73.82%), Carbohydrates: 90.73g (30.24%), Net Carbohydrates: 84.79g (30.83%), Sugar: 3.06g (3.39%), Cholesterol: 110.22mg (36.74%), Sodium:

1053.19mg (45.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.02g (78.03%), Selenium: 58.44µg (83.48%), Iron: 13mg (72.21%), Manganese: 0.64mg (31.8%), Vitamin B12: 1.85µg (30.86%), Phosphorus: 291.72mg (29.17%), Zinc: 4.1mg (27.35%), Fiber: 5.94g (23.77%), Calcium: 194.86mg (19.49%), Vitamin B3: 3.15mg (15.73%), Vitamin B6: 0.3mg (15.14%), Magnesium: 48.86mg (12.21%), Vitamin B2: 0.2mg (11.95%), Copper: 0.22mg (11.02%), Potassium: 269mg (7.69%), Vitamin K: 7.14µg (6.8%), Vitamin B5: 0.53mg (5.31%), Folate: 19.64µg (4.91%), Vitamin B1: 0.07mg (4.77%), Vitamin A: 199.49IU (3.99%), Vitamin E: 0.5mg (3.31%), Vitamin D: 0.17µg (1.12%)