



Ravioli Casserole

READY IN

ready

55 min.

SERVINGS

servings

8

CALORIES

calories

405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 18 ounce buitoni® four cheese ravioli whole wheat refrigerated hot prepared
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup chicken broth fat-free
- ☐ 16 ounces turkey sausage light sweet italian hot
- ☐ 2 cups mozzarella cheese shredded reduced-fat
- ☐ 2 tablespoons buitoni® freshly parmesan cheese shredded refrigerated
- ☐ 0.8 cup libby's® pumpkin 100% pure
- ☐ 15 ounce buitoni® roasted garlic marinara sauce refrigerated

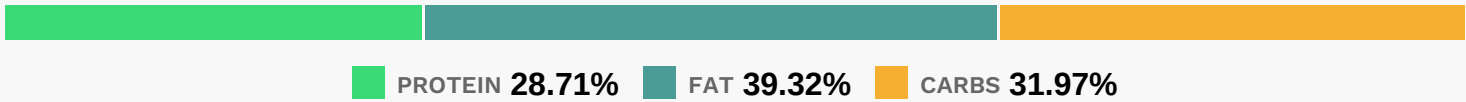
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Combine mozzarella cheese and Parmesan cheese in medium bowl.
- ☐ Heat large, nonstick skillet over medium-high heat.
- ☐ Add sausage; cook, stirring to break into pieces, until browned.
- ☐ Transfer sausage to paper towel-lined plate to drain.
- ☐ Add pumpkin, wine and broth to skillet; cook over medium heat, stirring frequently, until bubbly. Stir in sauce and sausage; heat through.
- ☐ Layer ingredients as follows in ungreased 13 x 9-inch baking dish: 1/2 pasta, 1/2 sauce and 1/2 cheese mixture. Repeat layers. Cover with foil.
- ☐ BAKE for 20 to 25 minutes or until cheese is melted.
- ☐ Let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:11, Inflammation Score:-7, Nutrition Score:12.607391279677%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin:

0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 405.4kcal (20.27%), Fat: 17.13g (26.35%), Saturated Fat: 6.7g (41.86%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 28.66g (10.42%), Sugar: 3.96g (4.4%), Cholesterol: 95.9mg (31.97%), Sodium: 1235.52mg (53.72%), Alcohol: 1.54g (100%), Alcohol %: 0.81% (100%), Protein: 28.15g (56.29%), Iron: 8.05mg (44.74%), Calcium: 270.89mg (27.09%), Vitamin A: 1344.12IU (26.88%), Phosphorus: 263.23mg (26.32%), Zinc: 2.72mg (18.14%), Vitamin B12: 1.01µg (16.87%), Vitamin B6: 0.33mg (16.67%), Vitamin B3: 3.33mg (16.64%), Vitamin B2: 0.27mg (16.13%), Potassium: 383.18mg (10.95%), Fiber: 2.68g (10.7%), Vitamin B5: 0.83mg (8.27%), Vitamin C: 6mg (7.28%), Magnesium: 28.74mg (7.19%), Selenium: 5.03µg (7.18%), Copper: 0.13mg (6.72%), Vitamin E: 1mg (6.64%), Manganese: 0.1mg (5.23%), Vitamin B1: 0.07mg (4.61%), Folate: 12.28µg (3.07%), Vitamin K: 2.14µg (2.04%)