



Ravioli Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



738 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 25 oz cheese ravioli frozen divided cooked
- ☐ 2 cups curd cottage cheese divided
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 cups mozzarella cheese shredded divided
- ☐ 26 oz pasta sauce divided

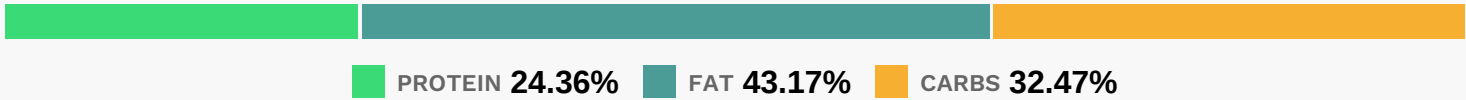
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Spread 1/2 cup spaghetti sauce in a lightly greased 13"x9" baking dish; layer with half the ravioli.
- ☐ Pour 1 1/4 cups sauce over ravioli; top with one cup cottage cheese and 2 cups mozzarella cheese.
- ☐ Repeat layers; sprinkle with Parmesan cheese.
- ☐ Bake, uncovered, at 350 for 40 minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:20.92, Inflammation Score:-7, Nutrition Score:19.053043386211%

Nutrients (% of daily need)

Calories: 738.2kcal (36.91%), Fat: 35.41g (54.48%), Saturated Fat: 16.43g (102.69%), Carbohydrates: 59.94g (19.98%), Net Carbohydrates: 54.71g (19.9%), Sugar: 9.52g (10.58%), Cholesterol: 139.2mg (46.4%), Sodium: 2089.49mg (90.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.95g (89.9%), Iron: 13.91mg (77.29%), Calcium: 517.25mg (51.72%), Phosphorus: 443.69mg (44.37%), Vitamin B12: 2.08µg (34.71%), Selenium: 22.2µg (31.71%), Vitamin B2: 0.43mg (25.2%), Vitamin A: 1178.19IU (23.56%), Fiber: 5.22g (20.88%), Zinc: 2.93mg (19.55%), Potassium: 507.62mg (14.5%), Vitamin E: 1.99mg (13.28%), Vitamin C: 8.6mg (10.42%), Magnesium: 40.85mg (10.21%), Vitamin B6: 0.19mg (9.3%), Vitamin B5: 0.92mg (9.18%), Copper: 0.17mg (8.65%), Manganese: 0.16mg (7.94%), Vitamin B3: 1.37mg (6.86%), Folate: 25.57µg (6.39%), Vitamin K: 5.23µg (4.98%), Vitamin B1: 0.07mg (4.89%), Vitamin D: 0.39µg (2.63%)