



Sausage-and-Ravioli Lasagna

READY IN



60 min.

SERVINGS



8

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz baby spinach fresh washed
- ☐ 25 oz cheese ravioli frozen thaw (do not)
- ☐ 0.5 pound ground sausage italian
- ☐ 4 oz pizza cheese shredded italian
- ☐ 0.5 cup basil pesto refrigerated
- ☐ 24 oz tomato basil sauce

Equipment

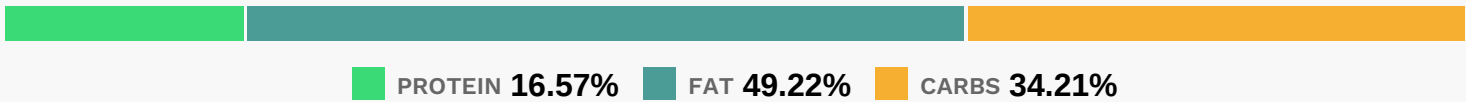
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Cook Italian sausage in a skillet over medium heat, stirring often, 10 minutes or until sausage crumbles and is no longer pink; drain well. Stir pasta sauce into sausage.
- ☐ Chop spinach, and toss with pesto in a bowl.
- ☐ Spoon one-third of sausage mixture (about 1/2 cup) into a lightly greased 11- x 7-inch baking dish. Top with half of spinach mixture. Arrange half of ravioli in a single layer over spinach mixture. Repeat layers once. Top with remaining sausage mixture.
- ☐ Bake at 375 for 30 minutes.
- ☐ Sprinkle with shredded cheese, and bake 5 to 8 minutes or until hot and bubbly.
- ☐ Note: We tested with Buitoni Pesto With Basil.
- ☐ Try This Twist!
- ☐ Shrimp-and-Ravioli Lasagna: Omit Italian sausage. Substitute 1 (15-oz.) jar Alfredo sauce for pasta sauce. Stir 1/4 cup vegetable broth* into Alfredo sauce. Proceed with recipe as directed, sprinkling 1 lb. peeled, coarsely chopped cooked shrimp over first layer of ravioli.
- ☐ Sprinkle with 1/8 tsp. paprika before serving. Hands-on time: 20 min., Total time: 55 min.
- ☐ *Chicken broth may be substituted.
- ☐ Note: We tested with Bertolli Alfredo Sauce with Aged Parmesan Cheese.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:13.41, Inflammation Score:-9, Nutrition Score:15.748260855675%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 564.71kcal (28.24%), Fat: 30.75g (47.3%), Saturated Fat: 8.56g (53.49%), Carbohydrates: 48.07g (16.02%), Net Carbohydrates: 42.1g (15.31%), Sugar: 8.48g (9.42%), Cholesterol: 73.46mg (24.49%), Sodium: 1262.29mg (54.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.29g (46.59%), Vitamin K: 102.7µg (97.81%), Iron: 10.74mg (59.68%), Vitamin A: 2816.52IU (56.33%), Fiber: 5.97g (23.88%), Potassium: 462.52mg (13.21%), Vitamin C: 10.62mg (12.88%), Calcium: 124.39mg (12.44%), Vitamin B1: 0.18mg (11.84%), Folate: 43.52µg (10.88%), Manganese: 0.21mg (10.36%), Selenium: 7.24µg (10.35%), Vitamin B6: 0.13mg (6.33%), Vitamin B3: 1.08mg (5.38%), Magnesium: 20.77mg (5.19%), Vitamin B2: 0.09mg (5.17%), Phosphorus: 50.67mg (5.07%), Vitamin B12: 0.26µg (4.3%), Zinc: 0.62mg (4.13%), Vitamin E: 0.43mg (2.88%), Copper: 0.05mg (2.52%), Vitamin B5: 0.16mg (1.58%)