



Sausage Ravioli Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



626 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 25 oz cheese ravioli frozen italian-style thawed
- 4.5 oz mushrooms drained sliced
- 1 medium zucchini cut into 1/8-inch slices (1 cup)
- 2.5 oz pepperoni
- 26 oz tomato basil sauce
- 4 oz swiss cheese shredded
- 0.1 teaspoon seasoning italian

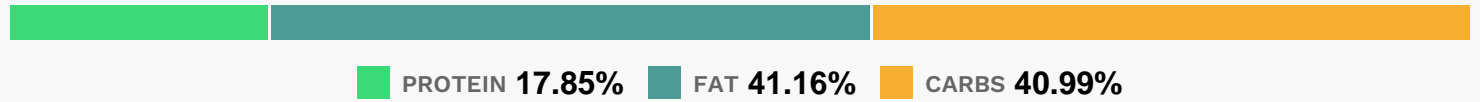
Equipment

- bowl
- oven
- glass baking pan

Directions

- Heat oven to 350°F. In large bowl, mix all ingredients except cheese and Italian seasoning. Spoon into ungreased 8-inch square (2-quart) glass baking dish.
- Sprinkle with cheese and Italian seasoning.
- Bake 40 to 50 minutes or until thoroughly heated and bubbly.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:18.05, Inflammation Score:-6, Nutrition Score:12.876956561337%

Flavonoids

Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 625.95kcal (31.3%), Fat: 28.41g (43.7%), Saturated Fat: 10.66g (66.63%), Carbohydrates: 63.64g (21.21%), Net Carbohydrates: 55.77g (20.28%), Sugar: 12.45g (13.83%), Cholesterol: 92.82mg (30.94%), Sodium: 1416.01mg (61.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.44%), Iron: 13.47mg (74.83%), Fiber: 7.87g (31.47%), Calcium: 239.92mg (23.99%), Vitamin A: 960IU (19.2%), Potassium: 592.3mg (16.92%), Selenium: 11.16µg (15.94%), Phosphorus: 157.91mg (15.79%), Vitamin C: 12.19mg (14.78%), Vitamin B12: 0.73µg (12.21%), Vitamin B2: 0.2mg (12%), Zinc: 1.33mg (8.87%), Vitamin B3: 1.52mg (7.59%), Manganese: 0.14mg (7.06%), Vitamin B6: 0.13mg (6.59%), Vitamin B5: 0.61mg (6.06%), Copper: 0.1mg (5.24%), Vitamin B1: 0.07mg (4.41%), Magnesium: 16.27mg (4.07%), Folate: 13.84µg (3.46%), Vitamin K: 2.61µg (2.49%), Vitamin E: 0.28mg (1.89%), Vitamin D: 0.2µg (1.31%)