



Shrimp-and-Ravioli Lasagna

READY IN



55 min.

SERVINGS



8

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz alfredo sauce
- ☐ 6 oz baby spinach fresh washed
- ☐ 25 oz cheese ravioli frozen thaw (do not)
- ☐ 4 oz pizza cheese shredded italian
- ☐ 0.1 teaspoon paprika
- ☐ 0.5 cup basil pesto refrigerated
- ☐ 1 pound shrimp cooked peeled coarsely chopped
- ☐ 0.3 cup vegetable stock

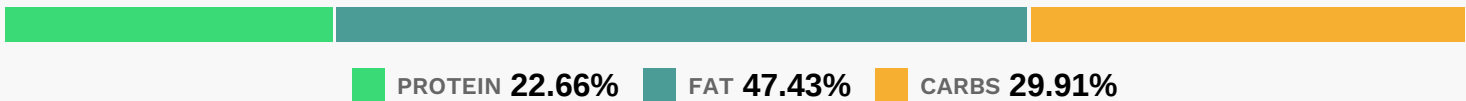
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Stir vegetable broth* into Alfredo sauce.
- ☐ Chop spinach, and toss with pesto in a bowl.
- ☐ Spoon one-third of sauce 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.
- ☐ Sprinkle shrimp over ravioli. Repeat layers once. Top with remaining sauce mixture.
- ☐ Bake at 375 for 30 minutes.
- ☐ Sprinkle with shredded cheese, and bake 5 to 8 minutes or until hot and bubbly.
- ☐ Sprinkle with paprika before serving.
- ☐ *Chicken broth may be substituted.
- ☐ Note: We tested with Bertolli Alfredo Sauce with Aged Parmesan Cheese.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:13.4, Inflammation Score:-8, Nutrition Score:13.627826044093%

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: 549.72kcal (27.49%), Fat: 28.83g (44.36%), Saturated Fat: 9.45g (59.08%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 37.65g (13.69%), Sugar: 3.27g (3.64%), Cholesterol: 178.07mg (59.36%), Sodium: 1189.39mg (51.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.99g (61.99%), Vitamin K: 102.72µg (97.83%), Iron: 10.22mg (56.76%), Vitamin A: 2337.27IU (46.75%), Phosphorus: 131.85mg (13.19%), Fiber: 3.26g (13.04%), Calcium: 128.43mg (12.84%), Copper: 0.25mg (12.48%), Manganese: 0.21mg (10.5%), Folate: 41.26µg (10.32%), Magnesium: 36.7mg (9.17%), Potassium: 269.04mg (7.69%), Vitamin C: 5.97mg (7.24%), Zinc: 0.87mg (5.83%), Vitamin E: 0.44mg (2.94%), Vitamin B2: 0.04mg (2.39%), Vitamin B6: 0.04mg (2.11%), Vitamin B1: 0.02mg (1.11%)