



Slow-Cooker Cheesy Ravioli Casserole

READY IN



405 min.

SERVINGS



10

CALORIES



268 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon vegetable oil
- 0.5 cup onion chopped
- 1 large clove garlic finely chopped
- 52 oz tomato sauce
- 15 oz tomato sauce canned
- 1 teaspoon seasoning italian
- 50 oz beef-filled ravioli frozen
- 8 oz mozzarella cheese shredded
- 0.3 cup parsley fresh chopped

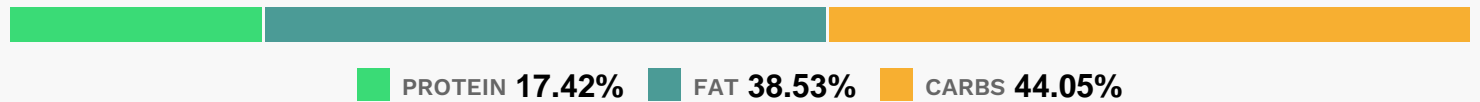
Equipment

- frying pan
- dutch oven
- slow cooker

Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In Dutch oven or 12-inch skillet, heat oil over medium heat until hot. Cook onion and garlic in oil about 4 minutes, stirring occasionally, until onion is tender. Stir in pasta sauce, tomato sauce and Italian seasoning.
- Place 1 cup of the sauce mixture in slow cooker.
- Add 1 package frozen ravioli; top with 1 cup of the cheese. Top with remaining package of ravioli and 1 cup cheese.
- Pour remaining sauce mixture over top.
- Cover; cook on Low heat setting 5 1/2 to 6 1/2 hours or until hot.
- Sprinkle with parsley before serving.

Nutrition Facts



Properties

Glycemic Index:21.1, Glycemic Load:3.6, Inflammation Score:-8, Nutrition Score:16.80826086065%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 267.86kcal (13.39%), Fat: 11.86g (18.25%), Saturated Fat: 5.35g (33.41%), Carbohydrates: 30.51g (10.17%), Net Carbohydrates: 25.26g (9.19%), Sugar: 10.15g (11.28%), Cholesterol: 25mg (8.33%), Sodium: 1444.93mg (62.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.07g (24.14%), Vitamin K: 35.36µg (33.67%), Vitamin

A: 1420.39IU (28.41%), Selenium: 18.7µg (26.71%), Potassium: 857.39mg (24.5%), Vitamin E: 3.65mg (24.32%), Manganese: 0.45mg (22.45%), Fiber: 5.25g (21.01%), Iron: 3.66mg (20.32%), Vitamin C: 15.98mg (19.37%), Phosphorus: 192.21mg (19.22%), Vitamin B3: 3.7mg (18.52%), Calcium: 165.78mg (16.58%), Vitamin B2: 0.27mg (16.09%), Copper: 0.3mg (15.18%), Vitamin B6: 0.29mg (14.46%), Folate: 52.73µg (13.18%), Magnesium: 52.2mg (13.05%), Vitamin B12: 0.73µg (12.16%), Zinc: 1.67mg (11.14%), Vitamin B1: 0.14mg (9.27%), Vitamin B5: 0.64mg (6.38%)