



Slow-Cooker Cheesy Ravioli Casserole (Crowd Size)

READY IN



315 min.

SERVINGS



12

CALORIES



208 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup onion chopped
- ☐ 1 large clove garlic finely chopped
- ☐ 26 ounces pasta sauce canned
- ☐ 15 ounces tomato sauce canned
- ☐ 1 teaspoon seasoning italian
- ☐ 50 ounces beef-filled ravioli frozen
- ☐ 8 ounces mozzarella cheese shredded

☐ 0.3 cup parsley fresh chopped

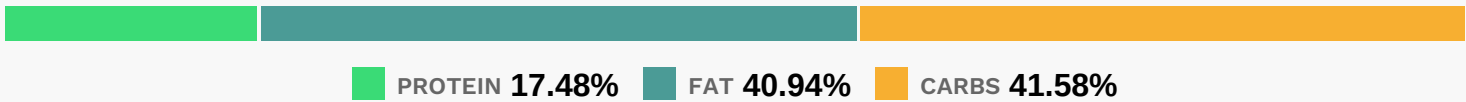
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In 10-inch skillet, heat oil over medium heat. Cook onion and garlic in oil about 4 minutes, stirring occasionally, until onion is tender. Stir in spaghetti sauce, tomato sauce and Italian seasoning.
- ☐ Place 1 cup of the sauce mixture in bottom of 5- to 6-quart slow cooker.
- ☐ Add 1 package frozen ravioli; top with 1 cup of the cheese. Top with remaining package of ravioli; top with remaining 1 cup cheese.
- ☐ Pour remaining sauce mixture over top.
- ☐ Cover and cook on low heat setting 5 to 7 hours or until ravioli are tender.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:1.95, Inflammation Score:-7, Nutrition Score:11.572608698969%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 208.47kcal (10.42%), Fat: 9.7g (14.92%), Saturated Fat: 4.43g (27.69%), Carbohydrates: 22.17g (7.39%), Net Carbohydrates: 18.71g (6.8%), Sugar: 6.27g (6.97%), Cholesterol: 20.84mg (6.95%), Sodium: 912.96mg (39.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.64%), Vitamin K: 27.74µg (26.42%),

Selenium: 15.21µg (21.73%), Vitamin A: 917.69IU (18.35%), Manganese: 0.31mg (15.42%), Potassium: 532.06mg (15.2%), Vitamin E: 2.16mg (14.37%), Phosphorus: 143.59mg (14.36%), Fiber: 3.46g (13.82%), Iron: 2.46mg (13.65%), Calcium: 129.55mg (12.96%), Vitamin B3: 2.48mg (12.39%), Vitamin B2: 0.19mg (11.06%), Vitamin C: 9.02mg (10.93%), Vitamin B12: 0.61µg (10.13%), Folate: 38.42µg (9.6%), Copper: 0.18mg (9.12%), Vitamin B6: 0.18mg (9.04%), Magnesium: 34.29mg (8.57%), Zinc: 1.26mg (8.38%), Vitamin B1: 0.1mg (6.75%), Vitamin B5: 0.34mg (3.42%)