



Slow-Cooker Pizza Ravioli Mix Up

READY IN



210 min.

SERVINGS



12

CALORIES



630 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 lb sausage meat italian
- 1.5 lb ground round
- 1.5 cups onion chopped
- 2 tablespoons garlic finely chopped
- 2 jars pasta sauce (1 lb 8 oz each) (any variety)
- 25 oz cheese ravioli frozen thaw (do not)
- 12 oz monterrey jack cheese shredded
- 3.5 oz pepperoni sliced
- 0.3 cup olives ripe sliced

1 sprigs basil fresh

Equipment

bowl

frying pan

aluminum foil

slow cooker

Directions

Spray bottom of 5- to 6-quart slow cooker with cooking spray. Line side of slow cooker with foil; spray foil with cooking spray.

In 12-inch skillet, cook sausage over medium heat 8 to 10 minutes, breaking up sausage with spoon, until no longer pink; drain.

Place sausage in large bowl. In same skillet, cook beef, onion and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked and onion is tender; drain.

Add beef mixture and 1 jar of the pasta sauce to bowl with sausage; stir to combine.

In slow cooker, spread half of remaining jar of pasta sauce to cover bottom.

Layer with half of the ravioli and half of the meat mixture.

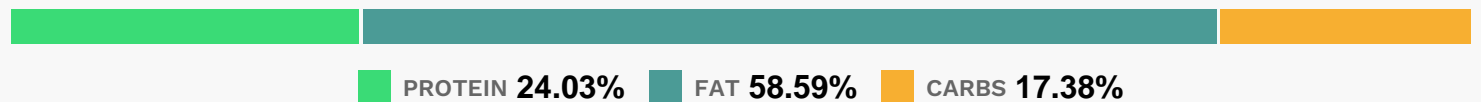
Sprinkle with 1 1/2 cups of the cheese and half of the pepperoni. Repeat layers.

Cover; cook on Low heat setting 3 hours.

Sprinkle with olives before serving.

Garnish with basil.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:9.46, Inflammation Score:-3, Nutrition Score:15.451739114264%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 630.39kcal (31.52%), Fat: 40.56g (62.41%), Saturated Fat: 16.54g (103.39%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 24.92g (9.06%), Sugar: 2.21g (2.45%), Cholesterol: 142.82mg (47.61%), Sodium: 1108.88mg (48.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.43g (74.87%), Iron: 8.46mg (47.03%), Vitamin B12: 2.08µg (34.63%), Zinc: 5.05mg (33.67%), Phosphorus: 327.9mg (32.79%), Vitamin B3: 6.02mg (30.12%), Calcium: 245.57mg (24.56%), Vitamin B6: 0.48mg (23.84%), Selenium: 16.24µg (23.2%), Vitamin B2: 0.3mg (17.46%), Vitamin B1: 0.22mg (14.6%), Potassium: 404.95mg (11.57%), Vitamin B5: 0.91mg (9.09%), Fiber: 2.16g (8.62%), Magnesium: 31.19mg (7.8%), Vitamin D: 1.07µg (7.14%), Vitamin A: 281.62IU (5.63%), Manganese: 0.11mg (5.55%), Copper: 0.11mg (5.54%), Vitamin E: 0.56mg (3.76%), Folate: 13.54µg (3.38%), Vitamin C: 2.33mg (2.83%), Vitamin K: 2.71µg (2.58%)