



Slow-Cooker Shortcut Ravioli Lasagna

READY IN



375 min.

SERVINGS



6

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 26 oz cheese ravioli frozen thaw (do not)
- 2 cloves garlic finely chopped
- 1 lb ground round
- 8 oz pizza cheese shredded italian
- 1 cup onion refrigerated chopped
- 24 oz pasta sauce

Equipment

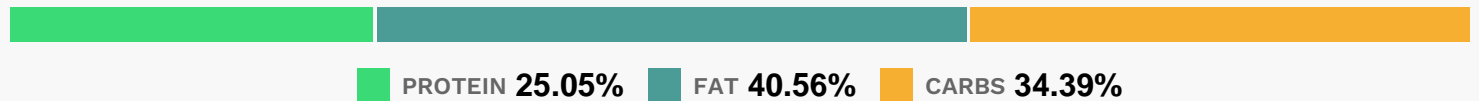
- frying pan

slow cooker

Directions

- Spray 3 1/2- to 4-quart slow cooker with cooking spray. In 12-inch nonstick skillet, cook beef, onion and garlic over medium- high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- Spoon 3/4 cup of the pasta sauce in bottom of slow cooker.
- Layer half of the ravioli, half of the beef mixture and 1 cup of the cheese over sauce. Repeat layers with 3/4 cup sauce, remaining ravioli and remaining beef mixture. Top with remaining sauce; sprinkle with remaining 1 cup cheese.
- Cover; cook on Low heat setting 6 hours or until ravioli is tender.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:20.98, Inflammation Score:-5, Nutrition Score:16.326956655668%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 702.85kcal (35.14%), Fat: 31.89g (49.06%), Saturated Fat: 9.44g (59.01%), Carbohydrates: 60.83g (20.28%), Net Carbohydrates: 55.14g (20.05%), Sugar: 7.63g (8.48%), Cholesterol: 123.04mg (41.01%), Sodium: 1418.43mg (61.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.31g (88.62%), Iron: 15.68mg (87.11%), Vitamin B12: 1.67µg (27.85%), Zinc: 3.93mg (26.18%), Vitamin B3: 5mg (24.98%), Fiber: 5.69g (22.76%), Vitamin B6: 0.43mg (21.72%), Selenium: 13.51µg (19.29%), Phosphorus: 178.98mg (17.9%), Potassium: 622.41mg (17.78%), Calcium: 133.06mg (13.31%), Vitamin E: 1.88mg (12.54%), Vitamin C: 10.22mg (12.39%), Vitamin B2: 0.2mg (11.76%), Copper: 0.2mg (9.91%), Vitamin A: 491.64IU (9.83%), Manganese: 0.18mg (9%), Magnesium: 35.05mg (8.76%), Vitamin B5: 0.84mg (8.39%), Folate: 19.84µg (4.96%), Vitamin B1: 0.07mg (4.88%), Vitamin K: 3.9µg (3.72%)