



WHATSheATE



Tex-Mex Ravioli Casserole

READY IN



20 min.

SERVINGS



6

CALORIES



869 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 38 ounce black beans rinsed drained canned
- ☐ 28 ounce cheese ravioli frozen
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 bunch green onions thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 16 ounce mild salsa
- ☐ 8 ounces sharp cheddar cheese shredded
- ☐ 10.8 ounce tomato purée canned

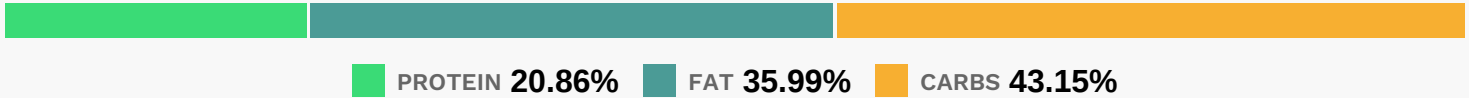
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Combine first 3 ingredients.
- ☐ Pour 1/2 cup sauce mixture on the bottom of a lightly greased 2-quart oval or 11- x 7-inch baking dish. Top evenly with frozen cheese ravioli.
- ☐ Layer with black beans, chopped cilantro, green onions, and remaining sauce mixture; top evenly with shredded Cheddar and Monterey Jack cheeses.
- ☐ Bake, covered with aluminum foil, at 350 for 45 minutes or until bubbly.
- ☐ Remove foil, and bake 5 more minutes.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:21.19, Inflammation Score:-8, Nutrition Score:27.789565190025%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 869.05kcal (43.45%), Fat: 35.06g (53.94%), Saturated Fat: 16.22g (101.34%), Carbohydrates: 94.56g (31.52%), Net Carbohydrates: 75.9g (27.6%), Sugar: 8.09g (8.99%), Cholesterol: 126.06mg (42.02%), Sodium: 2430.85mg (105.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.73g (91.45%), Iron: 18.59mg (103.28%), Fiber: 18.66g (74.63%), Calcium: 541.3mg (54.13%), Phosphorus: 494.34mg (49.43%), Folate: 133.89µg (33.47%), Manganese: 0.62mg (31.01%), Vitamin B2: 0.51mg (30.14%), Potassium: 962.25mg (27.49%), Copper: 0.51mg (25.66%), Magnesium: 101.41mg (25.35%), Selenium: 16.8µg (24%), Vitamin A: 1135.32IU (22.71%), Vitamin B1: 0.33mg (22.26%), Zinc: 3.24mg (21.62%), Vitamin K: 19.67µg (18.73%), Vitamin B6: 0.35mg (17.71%), Vitamin C:

12.08mg (14.64%), Vitamin B3: 2.66mg (13.31%), Vitamin E: 1.95mg (13%), Vitamin B12: 0.56µg (9.29%), Vitamin B5: 0.83mg (8.31%), Vitamin D: 0.34µg (2.27%)