



Tomato-Basil Ravioli Bake with Parmesan

READY IN



45 min.

SERVINGS



45

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 9 oz cheese ravioli refrigerated uncooked
- 8 oz philadelphia cream cheese spread
- 0.5 tsp garlic powder
- 2 green onions finely chopped
- 0.5 tsp penzey's southwest seasoning dried italian
- 2 Tbsp milk
- 2 Tbsp parmesan cheese grated kraft
- 0.5 cup water

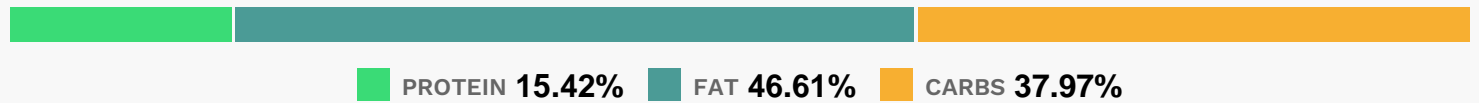
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 400F.
- Mix cream cheese spread, milk and seasonings in medium bowl until blended.
- Add next 3 ingredients; mix well.
- Add ravioli; stir gently to evenly coat.
- Spoon into 8-inch square baking dish sprayed with cooking spray; cover.
- Bake 30 min., uncovering and sprinkling with Parmesan for the last 5 min.

Nutrition Facts



Properties

Glycemic Index:3.49, Glycemic Load:1.05, Inflammation Score:-1, Nutrition Score:0.83086957021252%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 35.88kcal (1.79%), Fat: 1.87g (2.88%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 3.08g (1.12%), Sugar: 0.7g (0.78%), Cholesterol: 6.46mg (2.15%), Sodium: 74.4mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.79%), Iron: 0.72mg (4.03%), Vitamin K: 1.7µg (1.62%), Vitamin A: 75.5IU (1.51%), Fiber: 0.36g (1.42%), Calcium: 13.77mg (1.38%), Vitamin C: 0.91mg (1.11%)