



Two-Sauce Ravioli Bake

READY IN



35 min.

SERVINGS



6

CALORIES



549 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 24 ounces cheese ravioli frozen
- ☐ 9 ounces alfredo sauce refrigerated
- ☐ 9 ounces tomatoes refrigerated
- ☐ 6 ounces cheese shredded italian-style
- ☐ 1 tablespoon basil fresh chopped

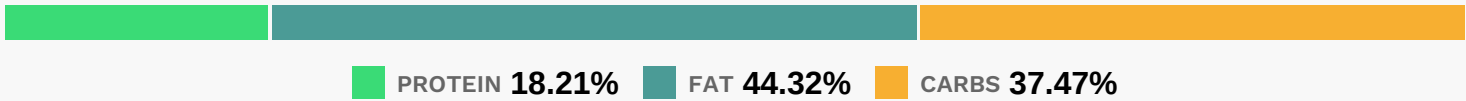
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350°. Spray rectangular baking dish, 11x7x1 1/2 inches, with
- ☐ cooking spray. Cook ravioli as directed on package; drain.
- ☐ Fold Alfredo sauce into ravioli. Spoon into baking dish.
- ☐ Spread marinara
- ☐ sauce over ravioli.
- ☐ Sprinkle with cheese.
- ☐ Bake uncovered about 20 minutes or until thoroughly heated and cheese is
- ☐ melted.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:17.87, Inflammation Score:-2, Nutrition Score:8.061739185582%

Nutrients (% of daily need)

Calories: 549.49kcal (27.47%), Fat: 26.83g (41.28%), Saturated Fat: 11.67g (72.92%), Carbohydrates: 51.06g (17.02%), Net Carbohydrates: 47.17g (17.15%), Sugar: 4.76g (5.28%), Cholesterol: 111.53mg (37.18%), Sodium: 1364.8mg (59.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.6%), Iron: 12.38mg (68.79%), Calcium: 172.39mg (17.24%), Fiber: 3.89g (15.55%), Phosphorus: 112.03mg (11.2%), Vitamin B12: 0.65µg (10.77%), Vitamin A: 393.36IU (7.87%), Selenium: 5.08µg (7.25%), Vitamin B2: 0.11mg (6.36%), Zinc: 0.92mg (6.16%), Vitamin E: 0.67mg (4.46%), Potassium: 148.83mg (4.25%), Vitamin C: 3.04mg (3.68%), Magnesium: 12.26mg (3.07%), Vitamin K: 3.23µg (3.07%), Manganese: 0.06mg (2.89%), Copper: 0.05mg (2.67%), Vitamin B6: 0.05mg (2.63%), Vitamin B3: 0.45mg (2.27%), Vitamin B5: 0.17mg (1.72%), Folate: 6.04µg (1.51%), Vitamin B1: 0.02mg (1.25%)