



WHATSheATE



Weeknight Ravioli Lasagna

READY IN



50 min.

SERVINGS



4

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 oz cheese ravioli refrigerated
- ☐ 1.3 cups tomatoes
- ☐ 0.3 cup parmesan grated
- ☐ 8 ounces part-skim mozzarella shredded
- ☐ 10 oz pkt spinach frozen dry thawed chopped

Equipment

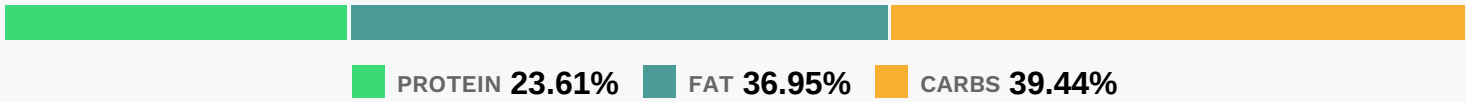
- ☐ oven
- ☐ baking pan

☐ aluminum foil

Directions

- ☐ Preheat oven to 375F. Lightly grease an 8-inch-square baking dish. Spoon 1/4 cup marinara sauce over bottom of dish. Cover with half of ravioli.
- ☐ Spread half of remaining sauce over ravioli.
- ☐ Sprinkle on spinach and then half of mozzarella. Repeat with remaining ravioli, marinara and mozzarella.
- ☐ Sprinkle top with Parmesan.
- ☐ Cover dish with foil and bake for 30 minutes.
- ☐ Remove foil and bake until bubbling, about 10 minutes longer.
- ☐ Let cool for about 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:22.58, Inflammation Score:-10, Nutrition Score:28.66260885674%

Nutrients (% of daily need)

Calories: 679.46kcal (33.97%), Fat: 28.01g (43.1%), Saturated Fat: 12.36g (77.27%), Carbohydrates: 67.28g (22.43%), Net Carbohydrates: 60.02g (21.83%), Sugar: 6.71g (7.46%), Cholesterol: 117.08mg (39.03%), Sodium: 1741.03mg (75.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.28g (80.55%), Vitamin K: 266.81µg (254.1%), Vitamin A: 8963.71IU (179.27%), Iron: 17.05mg (94.72%), Calcium: 647.88mg (64.79%), Phosphorus: 361.29mg (36.13%), Manganese: 0.59mg (29.39%), Fiber: 7.26g (29.03%), Folate: 115.2µg (28.8%), Vitamin B2: 0.4mg (23.59%), Vitamin E: 3.25mg (21.67%), Selenium: 14.28µg (20.4%), Magnesium: 80.43mg (20.11%), Zinc: 2.3mg (15.35%), Potassium: 525.99mg (15.03%), Vitamin B6: 0.24mg (12.12%), Vitamin C: 9.26mg (11.22%), Copper: 0.21mg (10.31%), Vitamin B12: 0.54µg (9%), Vitamin B1: 0.1mg (6.51%), Vitamin B3: 1.19mg (5.97%), Vitamin B5: 0.38mg (3.76%), Vitamin D: 0.2µg (1.34%)