

Baked Ravioli

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Servings: 8

1 pound lean ground beef
1 jar (24 ounce) marinara sauce
1/4 cup fresh basil leaves, chopped
1/4 cup fresh parsley, chopped
1 package (20 ounce) refrigerated cheese ravioli
1 package (9 ounce) refrigerated chbese ravioli
1 bag (8 ounce) mozzarella cheese, shredded
2 tablespoons parmesan cheese, grated
chopped basil leaves (for garnish)
(optional)

Preparation Time: 5 minutes

Bake: 20 minutes

Preheat the oven to 350 degrees.

Coat a two-quart oval baking dish with nonstick cooking spray.

Bring a large pot of lightly salted water to a boil.

Crumble the ground beef into a large nonstick skillet. Cook for 5 minutes over medium-high heat, until browned. Remove from the heat. Stir in one cup of the marinara sauce, one-half the basil and one-half the parsley.

Meanwhile, cook the ravioli for 5 minutes in the boiling water. Drain. Return to the pot. Stir in the remaining sauce, basil and parsley.

Pour one-half the ravioli into the prepared dish, spreading level. Top with the meat sauce and 3/4 cup of the shredded mozzarella. Add the remaining ravioli to the dish. Top with the remaining 1-1/4 cups of the mozzarella and the Parmesan.

Bake for 20 minutes.

Increase the oven temperature to broil. Broil the ravioli for 2 minutes.

Garnish with additional chopped basil, if desired.

Per Serving (excluding unknown items): 219 Calories; 16g Fat (68.0% calories from fat); 14g Protein; 3g Carbohydrate; 1g Dietary Fiber; 56mg Cholesterol; 251mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	219
% Calories from Fat:	68.0%
% Calories from Carbohydrates:	5.8%
% Calories from Protein:	26.3%
Total Fat (g):	16g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	56mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	14g
Sodium (mg):	251mg
Potassium (mg):	265mg
Calcium (mg):	114mg
Iron (mg):	1mg
Zinc (mg):	3mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	372IU
Vitamin A (r.e.):	64 1/2RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	12mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 219 Calories from Fat: 149

		% Daily Values*
Total Fat	16g	25%
Saturated Fat	7g	36%
Cholesterol	56mg	19%
Sodium	251mg	10%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	2%
Protein	14g	
Vitamin A		7%
Vitamin C		8%
Calcium		11%
Iron		8%

* Percent Daily Values are based on a 2000 calorie diet.