



Baked Manicotti with Sausage and Peas

READY IN



88 min.

SERVINGS



6

CALORIES



776 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup heavy cream
- ☐ 1 pound sausage sweet italian
- ☐ 0.3 teaspoon kosher salt
- ☐ 26 ounce tomatoes
- ☐ 0.8 cup milk
- ☐ 2 tablespoons olive oil for drizzling

- ☐ 3 cups pecorino cheese grated
- ☐ 4 ounces peas frozen thawed
- ☐ 2 small shallots finely chopped
- ☐ 12 manicotti shells
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 0.5 cup milk ricotta whole
- ☐ 0.3 cup white wine such as pinot grigio

Equipment

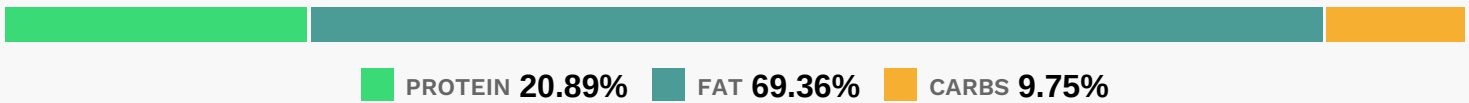
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Spray a 9-by-13-by-2-inch glass baking dish with vegetable oil cooking spray. Set aside.
- ☐ For the fonduta sauce: In a medium heavy-bottomed saucepan, bring the milk and cream to a simmer over medium heat. Reduce the heat to low.
- ☐ Add the Pecorino Romano and whisk until the cheese is melted and the sauce is smooth.
- ☐ Remove the pan from the heat and stir in the basil. Set aside.
- ☐ In a large skillet, heat 2 tablespoons of olive oil over medium-high heat.
- ☐ Add the sausage, shallots, garlic, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Cook until the sausage is cooked through and the vegetables have softened, 8 to 10 minutes. Using a wooden spoon, break the sausage into 1/2-inch pieces. Increase the heat to high.

- ☐ Add the wine and scrape up the brown bits that cling to the bottom of the pan with a wooden spoon. Cook until the wine has evaporated, about 2 minutes.
- ☐ Remove the pan from the heat and set aside to cool slightly.
- ☐ Add the peas, ricotta, and 1 cup of the fonduta sauce. Season with remaining 1/2 teaspoon kosher salt and 1/4 teaspoon pepper.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until just tender, 7 to 8 minutes.
- ☐ Drain and set aside.
- ☐ Spread half of the marinara sauce over the bottom of the prepared baking dish. Using a small spoon, fill the manicotti shells with the sausage filling and arrange in a single layer in the baking dish.
- ☐ Pour the remaining marinara sauce on top of the filled shells. Spoon the remaining fonduta sauce on top and sprinkle with the mozzarella.
- ☐ Drizzle with olive oil and bake until bubbly and golden brown, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:75.22, Glycemic Load:5.64, Inflammation Score:-8, Nutrition Score:27.497826078664%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 775.96kcal (38.8%), Fat: 59.55g (91.62%), Saturated Fat: 28.27g (176.71%), Carbohydrates: 18.82g (6.27%), Net Carbohydrates: 15.51g (5.64%), Sugar: 9.95g (11.05%), Cholesterol: 167.83mg (55.94%), Sodium: 2095.88mg (91.13%), Alcohol: 1.05g (100%), Alcohol %: 0.33% (100%), Protein: 40.36g (80.72%), Calcium: 841.59mg (84.16%), Phosphorus: 748.59mg (74.86%), Selenium: 36.58µg (52.25%), Vitamin B12: 2.42µg (40.27%), Vitamin B1: 0.58mg (38.71%), Vitamin B2: 0.64mg (37.42%), Vitamin A: 1567.07IU (31.34%), Zinc: 4.59mg (30.6%), Vitamin B6: 0.52mg (25.97%), Potassium: 809.49mg (23.13%), Vitamin C: 18.95mg (22.97%), Vitamin B3: 4.28mg (21.4%), Vitamin E: 2.88mg (19.17%), Magnesium: 74.64mg (18.66%), Manganese: 0.36mg (17.91%), Iron: 3.13mg (17.39%), Vitamin K: 18.06µg (17.2%), Copper: 0.28mg (13.9%), Vitamin B5: 1.33mg (13.32%), Fiber: 3.31g (13.24%), Folate: 40.25µg

(10.06%), Vitamin D: 1.28µg (8.52%)