



## Beef and Mushroom Manicotti

READY IN



90 min.

SERVINGS



7

CALORIES



417 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 14 shells uncooked
- ☐ 1 lb ground beef
- ☐ 1 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon basil dried
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon pepper
- ☐ 15 oz ricotta cheese

- ☐ 1 oz parmesan shredded
- ☐ 4 oz mozzarella cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 5 oz mushrooms fresh sliced
- ☐ 0.5 cup onion chopped
- ☐ 28 oz canned tomatoes whole with basil, undrained organic canned
- ☐ 1 teaspoon salt

## Equipment

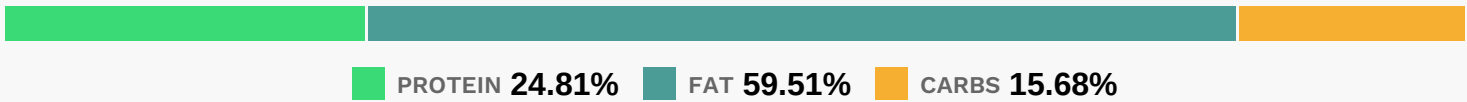
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

## Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cook and drain pasta shells as directed on package, using minimum cook time. Rinse with cold water to cool; drain.
- ☐ Meanwhile, in 12-inch skillet, cook beef, 1 cup onion and the garlic over medium heat 8 to 10 minutes, stirring frequently, until beef is thoroughly cooked; drain, if desired. Stir in basil, oregano, 1 teaspoon salt and the pepper; cook 2 minutes longer.
- ☐ Remove from heat; cool to room temperature.
- ☐ In 10-inch skillet, heat oil over medium heat. Cook mushrooms and 1/2 cup onion in oil, stirring occasionally, until tender.
- ☐ Add tomatoes and 1 teaspoon salt. Cook about 10 minutes, breaking up tomatoes, until sauce is thoroughly heated.
- ☐ In large bowl, mix beef mixture, ricotta cheese and Parmesan cheese. Spoon mixture into pasta shells.
- ☐ Place in baking dish.

- ☐
- Pour sauce over stuffed shells.
- ☐
- Sprinkle with mozzarella cheese.
- ☐
- Cover; bake 30 minutes. Uncover; bake 20 to 25 minutes longer or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:44.86, Glycemic Load:4.52, Inflammation Score:-7, Nutrition Score:19.057826332424%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

Nutrients (% of daily need)

Calories: 417.03kcal (20.85%), Fat: 27.99g (43.06%), Saturated Fat: 13.17g (82.3%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 13.38g (4.87%), Sugar: 7.28g (8.09%), Cholesterol: 92.54mg (30.85%), Sodium: 1077.9mg (46.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.26g (52.52%), Selenium: 26.34µg (37.63%), Phosphorus: 353.61mg (35.36%), Vitamin B12: 2.02µg (33.65%), Calcium: 323.37mg (32.34%), Zinc: 4.52mg (30.16%), Vitamin B3: 5.04mg (25.22%), Vitamin B2: 0.43mg (25.2%), Vitamin B6: 0.5mg (24.76%), Potassium: 718.9mg (20.54%), Iron: 3.51mg (19.48%), Manganese: 0.37mg (18.45%), Copper: 0.36mg (17.86%), Vitamin C: 13.67mg (16.57%), Vitamin E: 2.13mg (14.23%), Magnesium: 53.83mg (13.46%), Vitamin A: 661.IIU (13.22%), Fiber: 3.21g (12.84%), Vitamin K: 13.45µg (12.81%), Vitamin B5: 1.18mg (11.77%), Vitamin B1: 0.16mg (10.91%), Folate: 39.16µg (9.79%), Vitamin D: 0.31µg (2.08%)