

Beef Stuffed Manicotti

READY IN



70 min.

SERVINGS



6

CALORIES



561 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups curd cottage cheese
- 2 egg whites
- 1 pound ground beef lean
- 0.5 teaspoon oregano dried
- 0.5 cup parmesan cheese grated
- 8 ounce soup noodles
- 2 cups mozzarella cheese shredded
- 32 ounce tomato basil sauce classico®

Equipment

- frying pan
- oven
- pot
- baking pan

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente.
- Drain and cool. Reserve.
- Meanwhile, in a large skillet brown beef on medium heat.
- Drain and cool.
- Preheat oven to 350 degrees F (175 degrees C).
- Combine beef, cottage cheese, 1 cup mozzarella cheese, Parmesan cheese, egg whites and oregano.
- Mix well. Stuff shells with mixture.
- Lightly grease a 9x13 inch baking dish.
- Pour enough spaghetti sauce in dish to cover the bottom.
- Place stuffed noodles in the dish. Cover with pasta sauce and top with the remaining 1 cup mozzarella cheese.
- Bake in preheated oven for 50 minutes.

Nutrition Facts



PROTEIN 30.39% **FAT 34.66%** **CARBS 34.95%**

Properties

Glycemic Index:16.83, Glycemic Load:12.09, Inflammation Score:-8, Nutrition Score:21.729565153951%

Nutrients (% of daily need)

Calories: 560.76kcal (28.04%), Fat: 21.11g (32.48%), Saturated Fat: 9.56g (59.77%), Carbohydrates: 47.9g (15.97%), Net Carbohydrates: 41.78g (15.19%), Sugar: 13.87g (15.41%), Cholesterol: 93.22mg (31.07%), Sodium: 1195.2mg (51.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.65g (83.31%), Selenium: 53.79µg (76.85%), Phosphorus: 497.7mg (49.77%), Vitamin B12: 2.91µg (48.48%), Zinc: 6.07mg (40.44%), Calcium: 375.58mg (37.56%), Potassium: 950.56mg (27.16%), Vitamin A: 1313.58IU (26.27%), Vitamin B3: 4.92mg (24.58%), Fiber: 6.12g (24.47%), Vitamin B2: 0.42mg (24.45%), Vitamin B6: 0.4mg (19.94%), Iron: 3.48mg (19.32%), Manganese: 0.38mg (19.15%), Magnesium: 53.12mg (13.28%), Vitamin B5: 1.06mg (10.63%), Copper: 0.19mg (9.73%), Vitamin C: 7.26mg (8.8%), Vitamin B1: 0.09mg (6.29%), Folate: 21.27µg (5.32%), Vitamin E: 0.44mg (2.95%), Vitamin K: 2.3µg (2.19%), Vitamin D: 0.32µg (2.15%)