



Beefy Manicotti

READY IN



70 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce tomato sauce canned
- 16 ounce canned tomatoes canned
- 0.3 cup bread crumbs dry
- 1 eggs
- 2 cloves garlic chopped
- 0.5 pound ground beef
- 2 cups blend cheese shredded italian divided
- 0.3 teaspoon penzey's southwest seasoning italian
- 3 mushrooms thinly sliced

- 1 small onion chopped
- 10 manicotti shells
- 0.3 cup red wine white

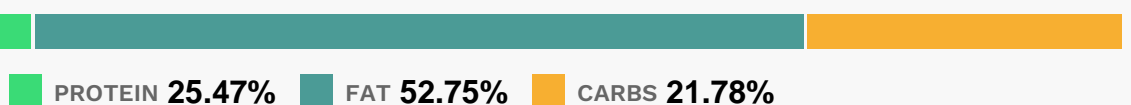
Equipment

- frying pan
- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). 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.
- Place ground beef, onion and garlic in a large, deep skillet. Cook over medium high heat until beef is evenly brown.
- Remove from heat.
- Mix in bread crumbs, Italian seasoning, egg and 1 cup shredded cheese. Spoon filling into manicotti shells.
- Combine tomato sauce, stewed tomatoes, wine and mushrooms. Spoon sauce to cover the bottom of an 8x11 inch baking dish. Arrange filled manicotti in a single layer, and cover with remaining sauce.
- Sprinkle top with remaining cheese.
- Cover, and bake in preheated oven for 30 minutes.
- Remove cover, and bake 10 minutes.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:4.99, Inflammation Score:-7, Nutrition Score:22.054782701575%

Flavonoids

Petunidin: 0.98mg, Petunidin: 0.98mg, Petunidin: 0.98mg, Petunidin: 0.98mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 13.99mg, Malvidin: 13.99mg, Malvidin: 13.99mg, Malvidin: 13.99mg Peonidin: 0.58mg, Peonidin: 0.58mg, Peonidin: 0.58mg, Peonidin: 0.58mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 450.04kcal (22.5%), Fat: 25.87g (39.79%), Saturated Fat: 12.23g (76.47%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 20.11g (7.31%), Sugar: 10.32g (11.46%), Cholesterol: 125.42mg (41.81%), Sodium: 875.79mg (38.08%), Alcohol: 2.26g (100%), Alcohol %: 0.81% (100%), Protein: 28.1g (56.19%), Vitamin B12: 2.62µg (43.63%), Phosphorus: 398.85mg (39.88%), Selenium: 27.48µg (39.25%), Calcium: 368.9mg (36.89%), Zinc: 4.85mg (32.33%), Vitamin B2: 0.49mg (28.66%), Vitamin B3: 5.51mg (27.55%), Vitamin B6: 0.52mg (25.82%), Potassium: 824.7mg (23.56%), Iron: 4.13mg (22.97%), Manganese: 0.46mg (22.86%), Copper: 0.41mg (20.61%), Vitamin C: 16.48mg (19.98%), Vitamin A: 929.88IU (18.6%), Vitamin E: 2.73mg (18.17%), Vitamin B1: 0.24mg (15.86%), Magnesium: 62.71mg (15.68%), Fiber: 3.92g (15.68%), Vitamin B5: 1.33mg (13.32%), Folate: 46.79µg (11.7%), Vitamin K: 11.26µg (10.72%), Vitamin D: 0.53µg (3.54%)