



WHATSheATE



## Cheesy Ground Beef Manicotti

READY IN



95 min.

SERVINGS



7

CALORIES



545 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 14 manicotti shells uncooked
- ☐ 1 lb ground beef 80% lean (at least )
- ☐ 1 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 26 oz pasta sauce (any variety)
- ☐ 18 oz spinach frozen thawed chopped
- ☐ 2 cups curd cottage cheese
- ☐ 8 oz mushroom stems and pieces drained canned
- ☐ 0.3 cup parmesan cheese grated

- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 teaspoon pepper
- ☐ 8 oz mozzarella cheese shredded
- ☐ 2 tablespoons parmesan cheese grated

## Equipment

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

## Directions

- ☐ Cook and drain manicotti as directed on package using minimum cooking time (cooking for the minimum time helps prevent the shells from tearing while filling).
- ☐ Meanwhile, in 10-inch skillet, cook beef, onion and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain. Stir in pasta sauce.
- ☐ Heat oven to 350°F. Spray 13x9-inch glass baking dish with cooking spray.
- ☐ Squeeze thawed spinach to drain; spread on paper towels and pat dry. In medium bowl, mix spinach, cottage cheese, mushrooms, 1/3 cup Parmesan cheese, the nutmeg and pepper.
- ☐ In baking dish, spread 1 cup of the beef mixture. Fill manicotti shells with spinach mixture.
- ☐ Place shells on beef mixture in dish.
- ☐ Pour remaining beef mixture evenly over shells, covering shells completely.
- ☐ Sprinkle with mozzarella cheese and 2 tablespoons Parmesan cheese.
- ☐ Cover and bake 30 minutes. Uncover and bake 20 to 25 minutes longer or until hot and bubbly.

## Nutrition Facts



 **PROTEIN 26.41%**  **FAT 43.47%**  **CARBS 30.12%**

Properties

Glycemic Index:42.86, Glycemic Load:12.77, Inflammation Score:-10, Nutrition Score:35.191304108371%

Flavonoids

Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 545.38kcal (27.27%), Fat: 26.5g (40.77%), Saturated Fat: 11.63g (72.66%), Carbohydrates: 41.33g (13.78%), Net Carbohydrates: 35.91g (13.06%), Sugar: 8.66g (9.62%), Cholesterol: 89.26mg (29.75%), Sodium: 1221.6mg (53.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.23g (72.46%), Vitamin K: 276.4µg (263.24%), Vitamin A: 9368.02IU (187.36%), Selenium: 49.13µg (70.18%), Manganese: 1mg (49.85%), Phosphorus: 491.83mg (49.18%), Calcium: 432.6mg (43.26%), Vitamin B12: 2.49µg (41.44%), Zinc: 5.32mg (35.49%), Folate: 140.3µg (35.07%), Vitamin B2: 0.57mg (33.67%), Potassium: 1156.25mg (33.04%), Magnesium: 115.01mg (28.75%), Vitamin B6: 0.57mg (28.42%), Vitamin E: 4.08mg (27.21%), Vitamin B3: 4.83mg (24.16%), Iron: 4.35mg (24.16%), Fiber: 5.42g (21.66%), Copper: 0.4mg (19.8%), Vitamin C: 13.34mg (16.17%), Vitamin B5: 1.32mg (13.17%), Vitamin B1: 0.19mg (12.79%), Vitamin D: 0.29µg (1.93%)