



Cheesy Manicotti

READY IN



65 min.

SERVINGS



7

CALORIES



344 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 egg whites
- 8 oz mushrooms fresh sliced
- 10 oz pkt spinach frozen thawed drained chopped well
- 2 cloves garlic minced
- 8 oz manicotti shell (14 shells)
- 0.3 cup parmesan cheese divided grated kraft
- 15 oz polly-o natural part skim ricotta cheese
- 2 cups classico family favorites pasta sauce traditional
- 1 cup milk mozzarella cheese shredded 2% divided kraft

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Cook pasta as directed on package, omitting salt. Meanwhile, heat large nonstick skillet on medium heat.
- Add mushrooms and garlic; cook 5 min., stirring frequently.
- Remove from heat. Beat egg whites in medium bowl.
- Add mushroom mixture, spinach, ricotta and half each of the mozzarella and Parmesan; mix well.
- Drain pasta; fill with spinach mixture.
- Place in 13x9-inch baking dish sprayed with cooking spray; cover with sauce.
- Bake 40 min. or until heated through. Top with remaining mozzarella and Parmesan; bake 5 min. or until mozzarella is melted.

Nutrition Facts



PROTEIN 21.31% FAT 48.2% CARBS 30.49%

Properties

Glycemic Index:19.14, Glycemic Load:1.61, Inflammation Score:-10, Nutrition Score:24.61652158136%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 343.58kcal (17.18%), Fat: 18.74g (28.83%), Saturated Fat: 8.54g (53.38%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 23.3g (8.47%), Sugar: 3.85g (4.28%), Cholesterol: 35.62mg (11.87%), Sodium: 776.98mg (33.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.64g (37.28%), Vitamin K: 155.87µg (148.45%), Vitamin A: 5435.08IU (108.7%), Calcium: 359.76mg (35.98%), Selenium: 24.93µg (35.62%), Vitamin B2: 0.55mg (32.53%), Phosphorus: 291.18mg (29.12%), Manganese: 0.55mg (27.46%), Folate: 103.05µg (25.76%), Potassium: 603.74mg (17.25%), Vitamin E: 2.43mg (16.22%), Magnesium: 64.26mg (16.06%), Iron: 2.83mg (15.7%), Vitamin B3: 3.03mg (15.15%), Copper: 0.3mg (14.8%), Zinc: 2.2mg (14.64%), Fiber: 3.38g (13.51%), Vitamin B1: 0.19mg (12.75%), Vitamin B6: 0.22mg (11.07%), Vitamin B5: 1.09mg (10.85%), Vitamin B12: 0.63µg (10.5%), Vitamin C: 8.08mg (9.79%), Vitamin D: 0.21µg (1.42%)