

Cheesy Manicotti

READY IN



80 min.

SERVINGS



8

CALORIES



641 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tablespoons butter softened
- ☐ 2 teaspoons parsley dried
- ☐ 2 large eggs
- ☐ 12 ounce bread french cut into 1-inch slices
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 8 ounce manicotti shells
- ☐ 1 cup provolone cheese shredded
- ☐ 15 ounce ricotta cheese

- ☐ 1 pinch salt and pepper
- ☐ 3 cups mozzarella cheese shredded
- ☐ 10 ounce pkt spinach frozen dry thawed chopped
- ☐ 25 ounce tomato and basil pasta sauce

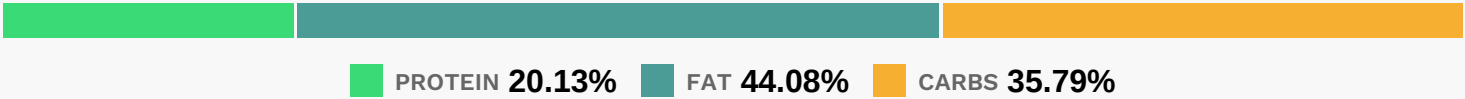
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ grill pan

Directions

- ☐ Preheat the oven to 350 degrees F. Spray a 13- by 9-inch baking dish with nonstick cooking spray.
- ☐ Cook the manicotti according to package directions; drain and set aside.
- ☐ In a large bowl, stir together the ricotta, 1 1/2 cups of the mozzarella, spinach, Italian seasoning, eggs, salt and pepper.
- ☐ Place the mixture into a large zip-top bag, cut one of the corners off and squeeze the cheese mixture into the manicotti.
- ☐ Pour half of the pasta sauce into the prepared baking dish.
- ☐ Place the stuffed manicotti over the sauce.
- ☐ Pour the remaining sauce over the manicotti. Top with the remaining mozzarella and the provolone.
- ☐ Bake until hot and bubbly, 35 to 40 minutes.
- ☐ Serve with Easy Garlic Bread.
- ☐ Preheat a grill pan over medium-high heat.
- ☐ Spread the butter on both sides of the bread and season with the parsley and garlic powder.
- ☐ Place on the grill pan and cook on one side until golden brown. Flip, and continue cooking until other side is golden brown.
- ☐ Remove and serve.

Nutrition Facts



Properties

Glycemic Index:32.94, Glycemic Load:26.31, Inflammation Score:-10, Nutrition Score:30.886956546618%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

Nutrients (% of daily need)

Calories: 640.73kcal (32.04%), Fat: 31.34g (48.22%), Saturated Fat: 17.41g (108.8%), Carbohydrates: 57.25g (19.08%), Net Carbohydrates: 51.41g (18.7%), Sugar: 10.07g (11.18%), Cholesterol: 133.22mg (44.41%), Sodium: 1112.87mg (48.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.21g (64.42%), Vitamin K: 136.49µg (129.99%), Vitamin A: 5599.71IU (111.99%), Selenium: 53.41µg (76.3%), Calcium: 562.11mg (56.21%), Phosphorus: 457.79mg (45.78%), Manganese: 0.77mg (38.5%), Vitamin B2: 0.62mg (36.18%), Folate: 126.57µg (31.64%), Vitamin B1: 0.39mg (26%), Vitamin B12: 1.5µg (25.04%), Zinc: 3.6mg (23.98%), Fiber: 5.84g (23.34%), Iron: 4.02mg (22.31%), Magnesium: 76.64mg (19.16%), Potassium: 654.57mg (18.7%), Vitamin B3: 2.86mg (14.32%), Copper: 0.23mg (11.47%), Vitamin B6: 0.22mg (11.23%), Vitamin E: 1.67mg (11.11%), Vitamin C: 6.24mg (7.56%), Vitamin B5: 0.75mg (7.52%), Vitamin D: 0.61µg (4.05%)