



## Cheesy Sausage-and-Tomato Manicotti

READY IN



45 min.

SERVINGS



6

CALORIES



833 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 10 ounce canned tomatoes diced green with garlic, oregano, and basil canned
- ☐ 8 ounce cream cheese
- ☐ 8 ounce manicotti noodles uncooked
- ☐ 1 pound pork sausage italian
- ☐ 1 cup ricotta cheese
- ☐ 16 ounces mozzarella cheese shredded divided

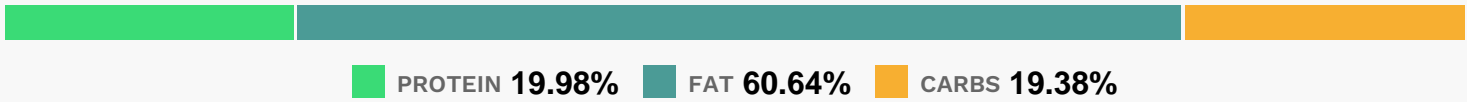
### Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan

## Directions

- ☐ Cook pasta according to package directions; rinse with cold water.
- ☐ Drain.
- ☐ Process tomato sauce and diced tomatoes in a blender 20 seconds or until smooth. Set aside.
- ☐ Remove casings from sausage, and discard. Cook sausage in large skillet over medium-high heat, stirring until meat crumbles and is no longer pink. Stir in cream cheese, ricotta cheese, and 2 cups mozzarella cheese. Spoon into manicotti shells; arrange stuffed shells in lightly greased 13- x 9-inch baking dish.
- ☐ Pour tomato mixture over shells; sprinkle with remaining 2 cups mozzarella cheese.
- ☐ Bake at 350 for 20 minutes or until cheese is melted and bubbly.
- ☐ Let casserole stand 10 minutes before serving.
- ☐ Sprinkle top with chopped fresh parsley, if desired.
- ☐ Note: Casserole may be assembled and frozen up to 1 month. Thaw in the refrigerator overnight; bake, covered, at 350 for 30 minutes. Uncover and bake 15 more minutes or until cheese is melted and bubbly. If you prefer a smaller casserole, use 2 (11- x 7-inch) baking dishes. Proceed as directed.
- ☐ Ground Beef and Tomato Manicotti: Substitute 1 pound lean ground beef for sausage. Stir in 1/2 teaspoon dried Italian seasoning, 1 teaspoon salt, 1 teaspoon pepper, and 1 teaspoon fennel seed. Proceed as directed.

## Nutrition Facts



## Properties

Glycemic Index:39, Glycemic Load:14.88, Inflammation Score:-8, Nutrition Score:25.28434784516%

## Nutrients (% of daily need)

Calories: 833.2kcal (41.66%), Fat: 56.24g (86.52%), Saturated Fat: 27.81g (173.81%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 37.26g (13.55%), Sugar: 7.92g (8.8%), Cholesterol: 173.41mg (57.8%), Sodium: 1508.8mg (65.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.7g (83.4%), Selenium: 46.69µg (66.71%), Phosphorus: 581.13mg (58.11%), Calcium: 544.73mg (54.47%), Vitamin B12: 2.59µg (43.17%), Zinc: 5.33mg (35.55%), Vitamin A: 1667.79IU (33.36%), Vitamin B2: 0.57mg (33.35%), Vitamin B3: 5.63mg (28.17%), Manganese: 0.54mg (27.1%), Vitamin B6: 0.49mg (24.61%), Vitamin B1: 0.33mg (22.07%), Potassium: 771.46mg (22.04%), Magnesium: 73.77mg (18.44%), Copper: 0.35mg (17.55%), Iron: 3.16mg (17.54%), Vitamin E: 2.31mg (15.4%), Vitamin B5: 1.43mg (14.31%), Fiber: 3.17g (12.68%), Vitamin C: 9.84mg (11.92%), Vitamin D: 1.37µg (9.12%), Folate: 33.73µg (8.43%), Vitamin K: 7.82µg (7.44%)