



Easy Meatless Manicotti

READY IN



45 min.

SERVINGS



7

CALORIES



354 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 16 ounce nonfat cottage cheese fat-free
- ☐ 8 ounce manicotti shells (14 shells)
- ☐ 1.5 teaspoons oregano dried
- ☐ 1 ounce parmesan fresh grated
- ☐ 8 ounces part-skim mozzarella cheese shredded divided
- ☐ 0.3 teaspoon salt
- ☐ 10 ounce spinach frozen dry thawed drained chopped
- ☐ 26 ounce tomato basil sauce fat-free

☐ 1 cup water

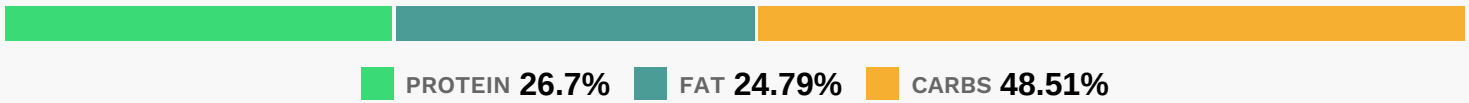
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Combine 1 1/2 cups mozzarella, cottage cheese, and the next 5 ingredients (through black pepper) in a medium bowl. Spoon about 3 tablespoons cheese mixture into each uncooked manicotti.
- ☐ Pour half of tomato-basil pasta sauce into a 13 x 9-inch baking dish coated with cooking spray. Arrange stuffed shells in a single layer over sauce, and top with the remaining sauce.
- ☐ Pour 1 cup water into dish.
- ☐ Sprinkle the remaining 1/2 cup mozzarella evenly over sauce. Cover tightly with foil.
- ☐ Bake at 375 for 1 hour or until shells are tender.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.14, Glycemic Load:9.78, Inflammation Score:-10, Nutrition Score:23.987391150516%

Nutrients (% of daily need)

Calories: 353.9kcal (17.7%), Fat: 9.66g (14.86%), Saturated Fat: 4.57g (28.56%), Carbohydrates: 42.53g (14.18%), Net Carbohydrates: 36.75g (13.36%), Sugar: 10.33g (11.47%), Cholesterol: 28.03mg (9.34%), Sodium: 1019.18mg (44.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.41g (46.82%), Vitamin K: 154.06µg (146.72%), Vitamin A: 5581.08IU (111.62%), Selenium: 34.6µg (49.42%), Calcium: 458.01mg (45.8%), Phosphorus: 383.06mg (38.31%), Manganese: 0.63mg (31.56%), Fiber: 5.78g (23.12%), Vitamin B2: 0.37mg (21.8%), Potassium: 675.42mg (19.3%),

Folate: 74.62µg (18.65%), Magnesium: 65.53mg (16.38%), Zinc: 2.01mg (13.4%), Iron: 2.16mg (12.02%), Vitamin B12: 0.61µg (10.21%), Copper: 0.19mg (9.5%), Vitamin E: 1.35mg (9%), Vitamin C: 7.29mg (8.84%), Vitamin B6: 0.16mg (7.85%), Vitamin B1: 0.09mg (6.03%), Vitamin B5: 0.52mg (5.16%), Vitamin B3: 0.92mg (4.58%)