

Easy-to-Stuff Manicotti

READY IN



50 min.

SERVINGS



8

CALORIES



189 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup onion chopped
- 6 ounces part-skim mozzarella cheese shredded
- 8 ounces shells
- 24 ounces pasta sauce
- 14 pieces individual string cheese sticks

Equipment

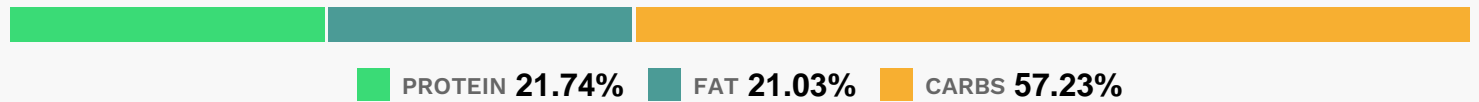
- frying pan
- oven

baking pan

Directions

- Cook manicotti according to package directions. Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in spaghetti sauce.
- Spread half of the meat sauce into a greased 13-in. x 9-in. baking dish.
- Drain manicotti; stuff each shell with a piece of string cheese.
- Place over meat sauce; top with remaining sauce. Cover and bake at 350° for 25–30 minutes or until heated through.
- Sprinkle with mozzarella cheese.
- Bake 5–10 minutes longer or until the cheese is melted.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:10.17, Inflammation Score:-5, Nutrition Score:8.8817391265994%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 188.6kcal (9.43%), Fat: 4.45g (6.85%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 24.92g (9.06%), Sugar: 4.45g (4.94%), Cholesterol: 14.55mg (4.85%), Sodium: 550.6mg (23.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.36g (20.72%), Selenium: 21.54µg (30.77%), Calcium: 187.67mg (18.77%), Manganese: 0.37mg (18.3%), Phosphorus: 177.89mg (17.79%), Potassium: 348.27mg (9.95%), Copper: 0.19mg (9.45%), Vitamin A: 470.98IU (9.42%), Fiber: 2.35g (9.41%), Vitamin E: 1.29mg (8.58%), Magnesium: 33.67mg (8.42%), Vitamin B2: 0.14mg (8.2%), Vitamin C: 6.69mg (8.11%), Zinc: 1.19mg (7.94%), Vitamin B6: 0.15mg (7.52%), Iron: 1.25mg (6.96%), Vitamin B3: 1.36mg (6.79%), Vitamin B5: 0.41mg (4.14%), Folate: 16.57µg (4.14%), Vitamin B1: 0.05mg (3.62%), Vitamin B12: 0.17µg (2.91%), Vitamin K: 2.79µg (2.66%)