



Eggplant Manicotti with Creamy Pesto Filling

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup cream cheese fat-free tub-style
- 1.5 pound eggplant cut lengthwise into 20 (1/8-inch-thick) slices
- 15 ounce ricotta cheese fat-free
- 1 cup basil leaves fresh
- 0.5 cup parsley leaves fresh
- 2 garlic cloves
- 0.3 cup parmesan cheese fresh grated
- 2 ounces part-skim mozzarella cheese shredded divided

- 0.3 cup pinenuts toasted
- 0.3 teaspoon salt
- 2 cups spaghetti sauce low-fat divided
- 0.5 cup spinach leaves

Equipment

- food processor
- baking sheet
- oven
- baking pan

Directions

- Combine 1/4 cup mozzarella cheese and next 9 ingredients (mozzarella cheese through garlic) in a food processor, and process until smooth. Set pesto mixture aside.
- Arrange half the eggplant slices in a single layer on a baking sheet coated with cooking spray. Broil 5 minutes or until lightly browned and very tender. Repeat procedure with remaining eggplant.
- Preheat oven to 37
- Spread 1 cup spaghetti sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray.
- Place eggplant slices, browned sides down, on a smooth surface; spoon about 2 tablespoons pesto mixture in center of each slice (the amount will vary from 1 to 3 tablespoons depending on size of eggplant slices).
- Roll up, starting at short ends; place eggplant rolls, seam sides down, over sauce. Repeat procedure with remaining eggplant and pesto mixture.
- Pour 1 cup spaghetti sauce over eggplant rolls.
- Bake at 375 for 30 minutes. Top with 1/4 cup mozzarella cheese; bake an additional 10 minutes or until cheese is lightly browned.
- Note: Any leftover pesto mixture can be used as a topping for tomato slices or tossed with pasta.

Nutrition Facts

PROTEIN 28.73% FAT 32.09% CARBS 39.18%

Properties

Glycemic Index:66.5, Glycemic Load:3.9, Inflammation Score:-9, Nutrition Score:25.010000073391%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 296.27kcal (14.81%), Fat: 10.58g (16.27%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 21.35g (7.76%), Sugar: 15.17g (16.85%), Cholesterol: 32.03mg (10.68%), Sodium: 1135.87mg (49.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.3g (42.61%), Vitamin K: 180.33µg (171.74%), Manganese: 1.41mg (70.67%), Calcium: 465.82mg (46.58%), Vitamin A: 1996.55IU (39.93%), Phosphorus: 317.13mg (31.71%), Fiber: 7.71g (30.84%), Vitamin C: 24.96mg (30.26%), Potassium: 946.86mg (27.05%), Copper: 0.44mg (22.22%), Vitamin E: 3.28mg (21.86%), Magnesium: 83.42mg (20.85%), Folate: 80.77µg (20.19%), Vitamin B6: 0.34mg (16.77%), Vitamin B2: 0.28mg (16.68%), Iron: 2.93mg (16.26%), Vitamin B3: 2.94mg (14.71%), Zinc: 2.03mg (13.52%), Vitamin B5: 1.1mg (10.95%), Vitamin B1: 0.15mg (10.1%), Selenium: 5.72µg (8.17%), Vitamin B12: 0.33µg (5.42%)