



## Florentine Manicotti

READY IN



85 min.

SERVINGS



25

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 Tbsp butter
- 3 eggs beaten
- 20 oz pkt spinach frozen cooked drained chopped well
- 1 clove garlic minced
- 1 Tbsp juice of lemon
- 0.5 cup onions chopped
- 0.3 cup parmesan cheese grated kraft
- 1.5 cups classico family favorites pasta sauce traditional
- 0.3 tsp pepper

- 2 cups ricotta cheese
- 12 manicotti shells cooked
- 1 cup mozzarella cheese shredded kraft

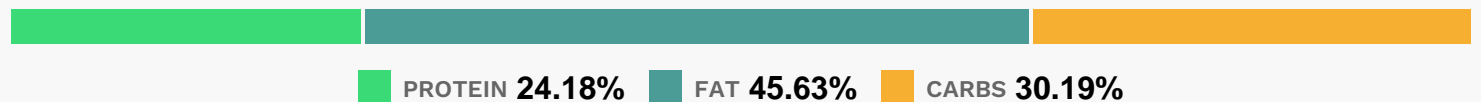
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Heat oven to 350F.
- Melt butter in small skillet on medium heat.
- Add onions and garlic; cook and stir 3 min. or until onions are crisp-tender.
- Place in medium bowl.
- Add spinach, ricotta, mozzarella, Parmesan, eggs, lemon juice and pepper; mix well. Spoon into manicotti shells.
- Place in 13x9-inch baking dish sprayed with cooking spray; cover.
- Bake 40 min. or until heated through. About 5 min. before manicotti is done, heat the pasta sauce.
- Serve manicotti topped with sauce.

## Nutrition Facts



## Properties

Glycemic Index:9.46, Glycemic Load:2.69, Inflammation Score:-9, Nutrition Score:11.417826015016%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin:

0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin:  
0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.65mg,  
Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## **Nutrients (% of daily need)**

Calories: 101.17kcal (5.06%), Fat: 5.22g (8.04%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 7.78g (2.59%), Net  
Carbohydrates: 6.56g (2.39%), Sugar: 1.03g (1.14%), Cholesterol: 34.46mg (11.49%), Sodium: 167.64mg (7.29%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Vitamin K: 85.19µg (81.13%), Vitamin A:  
2901.93IU (58.04%), Selenium: 11.26µg (16.09%), Manganese: 0.24mg (11.94%), Calcium: 112.07mg (11.21%), Folate:  
41.28µg (10.32%), Phosphorus: 91.42mg (9.14%), Vitamin B2: 0.14mg (8.52%), Magnesium: 26.6mg (6.65%), Vitamin  
E: 0.99mg (6.6%), Iron: 0.97mg (5.39%), Zinc: 0.73mg (4.88%), Fiber: 1.22g (4.87%), Potassium: 169.14mg (4.83%),  
Vitamin B6: 0.09mg (4.34%), Vitamin B12: 0.24µg (3.92%), Copper: 0.08mg (3.79%), Vitamin C: 2.78mg (3.37%),  
Vitamin B1: 0.04mg (2.42%), Vitamin B5: 0.22mg (2.24%), Vitamin B3: 0.36mg (1.79%), Vitamin D: 0.17µg (1.13%)