



Four-Cheese Manicotti

READY IN



45 min.

SERVINGS



6

CALORIES



500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce garden vegetable-flavored cream cheese light softened
- ☐ 4 ounces block nonfat cream cheese softened
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 12 manicotti shells uncooked
- ☐ 0.5 cup onion finely chopped
- ☐ 2 ounces parmesan cheese fresh divided grated
- ☐ 4 ounces part-skim mozzarella cheese shredded divided
- ☐ 27.5 ounce tomato-and-herb pasta sauce reduced-fat reduced-sodium

- ☐ 0.5 teaspoon pepper
- ☐ 15 ounce carton nonfat ricotta cheese
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

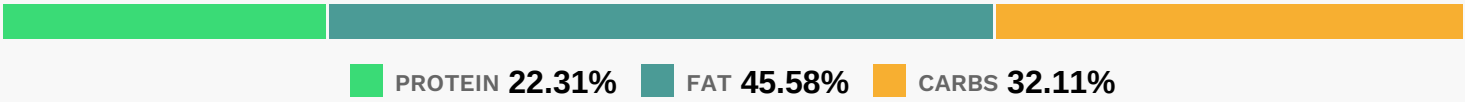
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; set aside.
- ☐ Coat a small nonstick skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add onion and garlic; saut 3 minutes.
- ☐ Remove from heat; set aside.
- ☐ Combine 1/2 cup mozzarella cheese, 1/4 cup Parmesan cheese, and next 5 ingredients (mozzarella through nonfat cream cheese) in a bowl; beat at medium speed of a mixer until smooth. Stir in onion mixture and spinach.
- ☐ Spoon mozzarella cheese mixture into cooked manicotti (about 1/3 cup per shell).
- ☐ Divide 1 cup sauce evenly between 6 individual casserole dishes coated with cooking spray. Arrange 2 stuffed manicotti in each dish.
- ☐ Pour remaining sauce over each serving.
- ☐ Place dishes on a baking sheet. Cover each dish with foil, and bake at 350 for 25 minutes.
- ☐ Sprinkle with remaining mozzarella and Parmesan cheeses; bake, uncovered, an additional 5 minutes.
- ☐ Garnish with oregano, if desired.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:13.36, Inflammation Score:-10, Nutrition Score:30.686087178147%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 499.91kcal (25%), Fat: 25.77g (39.65%), Saturated Fat: 15.37g (96.03%), Carbohydrates: 40.86g (13.62%), Net Carbohydrates: 36.07g (13.12%), Sugar: 8.96g (9.96%), Cholesterol: 85.57mg (28.52%), Sodium: 1203.29mg (52.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.39g (56.78%), Vitamin K: 183.74µg (174.99%), Vitamin A: 6980.9IU (139.62%), Selenium: 42.63µg (60.9%), Calcium: 597.93mg (59.79%), Phosphorus: 519.88mg (51.99%), Manganese: 0.86mg (42.98%), Vitamin B2: 0.56mg (32.88%), Folate: 109.4µg (27.35%), Vitamin E: 3.72mg (24.77%), Magnesium: 97.79mg (24.45%), Potassium: 841.6mg (24.05%), Zinc: 3.08mg (20.54%), Fiber: 4.79g (19.14%), Vitamin B6: 0.37mg (18.51%), Copper: 0.36mg (17.92%), Iron: 3.2mg (17.8%), Vitamin C: 13.16mg (15.95%), Vitamin B12: 0.75µg (12.52%), Vitamin B3: 2.3mg (11.51%), Vitamin B5: 1.14mg (11.44%), Vitamin B1: 0.14mg (9.65%), Vitamin D: 0.25µg (1.64%)