



Ground Beef and Tomato Manicotti

READY IN



45 min.

SERVINGS



6

CALORIES



709 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 10 ounce canned tomatoes diced green with garlic, oregano, and basil canned
- ☐ 8 ounce cream cheese
- ☐ 1 teaspoon fennel seeds
- ☐ 0.5 teaspoon seasoning dried italian
- ☐ 1 pound ground beef lean
- ☐ 8 ounce soup noodles uncooked
- ☐ 1 teaspoon pepper
- ☐ 1 cup ricotta cheese

- ☐ 1 teaspoon salt
- ☐ 16 ounces mozzarella cheese shredded divided

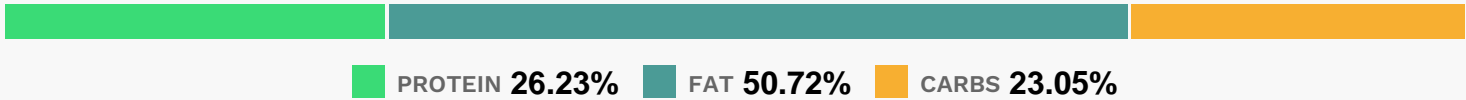
Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Cook pasta according to package directions; rinse with cold water.
- ☐ Drain.
- ☐ Process tomato sauce and diced tomatoes in a blender 20 seconds or until smooth. Set aside.
- ☐ Cook ground beef in large skillet over medium-high heat, stirring until meat crumbles and is no longer pink. Stir in dried Italian seasoning, salt, pepper, fennel seed, cream cheese, ricotta cheese, and 2 cups mozzarella cheese. Spoon into manicotti shells; arrange stuffed shells in lightly greased 13- x 9-inch baking dish.
- ☐ Pour tomato mixture over shells; sprinkle with remaining 2 cups mozzarella cheese.
- ☐ Bake at 350 for 20 minutes or until cheese is melted and bubbly.
- ☐ Let casserole stand 10 minutes before serving.
- ☐ Sprinkle top with chopped fresh parsley, if desired.
- ☐ Note: Casserole may be assembled and frozen up to 1 month. Thaw in the refrigerator overnight; bake, covered, at 350 for 30 minutes. Uncover and bake 15 more minutes or until cheese is melted and bubbly. If you prefer a smaller casserole, use 2 (11- x 7-inch) baking dishes. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:14.92, Inflammation Score:-8, Nutrition Score:28.1434781966%

Nutrients (% of daily need)

Calories: 709.38kcal (35.47%), Fat: 40.03g (61.58%), Saturated Fat: 22.87g (142.93%), Carbohydrates: 40.93g (13.64%), Net Carbohydrates: 37.48g (13.63%), Sugar: 7.93g (8.81%), Cholesterol: 165.85mg (55.28%), Sodium: 1465.87mg (63.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.58g (93.16%), Selenium: 59.87µg (85.53%), Phosphorus: 631.15mg (63.12%), Vitamin B12: 3.64µg (60.68%), Calcium: 553.09mg (55.31%), Zinc: 7.56mg (50.41%), Vitamin B2: 0.6mg (35.25%), Vitamin A: 1616.2IU (32.32%), Vitamin B3: 6.26mg (31.32%), Manganese: 0.62mg (30.97%), Vitamin B6: 0.56mg (28.08%), Potassium: 857.81mg (24.51%), Iron: 4.28mg (23.75%), Magnesium: 82.13mg (20.53%), Copper: 0.37mg (18.43%), Vitamin E: 2.41mg (16.08%), Vitamin B5: 1.41mg (14.15%), Fiber: 3.46g (13.83%), Vitamin C: 9.38mg (11.37%), Vitamin B1: 0.16mg (10.41%), Folate: 37.21µg (9.3%), Vitamin K: 9.32µg (8.88%), Vitamin D: 0.46µg (3.07%)