



Inside-Out Manicotti

READY IN



55 min.

SERVINGS



4

CALORIES



580 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 teaspoon basil dried
- ☐ 1 eggs
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 teaspoon ground pepper black
- ☐ 1 cup mozzarella cheese shredded low-fat
- ☐ 0.3 cup onion chopped
- ☐ 1 pint part-skim ricotta cheese

- ☐ 0.5 teaspoon salt
- ☐ 6 ounce tomato paste canned
- ☐ 1 tablespoon vegetable oil
- ☐ 8 ounces ziti pasta dry

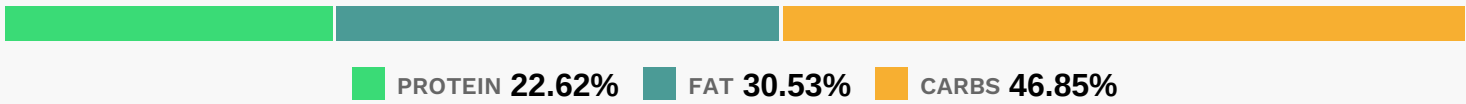
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain. Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a large saucepan, heat oil over moderately high heat.
- ☐ Add onion and garlic; cook 2 to 3 minutes, stirring constantly, until onion is translucent. Stir in crushed tomatoes, tomato paste, basil, and salt. Bring to a boil, then reduce heat to medium-low. Simmer, covered, for 20 minutes.
- ☐ In a medium bowl, blend together ricotta, mozzarella, egg, black pepper, and nutmeg.
- ☐ Cover the bottom of a 2 1/2 quart baking dish with about 1 cup of the tomato sauce.
- ☐ Layer with half of the ziti, half of the cheese mixture, 2 more cups of the tomato sauce, and remaining ziti. Top with remaining cheese mixture and sauce.
- ☐ Bake in the preheated oven for 20 to 25 minutes, until sauce is bubbly and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:69.25, Glycemic Load:22.53, Inflammation Score:-8, Nutrition Score:29.919999962268%

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: 580.28kcal (29.01%), Fat: 20.06g (30.86%), Saturated Fat: 9.95g (62.19%), Carbohydrates: 69.27g (23.09%), Net Carbohydrates: 62.3g (22.65%), Sugar: 13.57g (15.08%), Cholesterol: 95.67mg (31.89%), Sodium: 951.68mg (41.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.44g (66.88%), Selenium: 64.8µg (92.57%), Calcium: 657.37mg (65.74%), Manganese: 1.12mg (56.22%), Phosphorus: 562.03mg (56.2%), Copper: 0.69mg (34.35%), Vitamin B2: 0.52mg (30.79%), Potassium: 1059.77mg (30.28%), Vitamin C: 23.64mg (28.66%), Fiber: 6.98g (27.9%), Iron: 4.99mg (27.72%), Magnesium: 109.07mg (27.27%), Vitamin B6: 0.54mg (27.22%), Zinc: 4.03mg (26.88%), Vitamin K: 25.58µg (24.36%), Vitamin E: 3.63mg (24.18%), Vitamin A: 1173.13IU (23.46%), Vitamin B3: 4.09mg (20.45%), Vitamin B1: 0.28mg (18.51%), Folate: 68.44µg (17.11%), Vitamin B5: 1.43mg (14.26%), Vitamin B12: 0.67µg (11.21%), Vitamin D: 0.42µg (2.82%)