



## Jo's Manicotti

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 8 ounce tomato sauce canned
- 1 tablespoon chicken powder
- 0.1 teaspoon thyme leaves dried
- 2 eggs beaten
- 10 ounce pkt spinach frozen thawed drained chopped
- 0.5 teaspoon garlic salt
- 6 servings ground pepper black to taste
- 1 onion chopped
- 1 pint part-skim ricotta cheese

- 8 ounce manicotti pasta
- 0.3 cup romano cheese grated
- 1 cup mozzarella cheese shredded

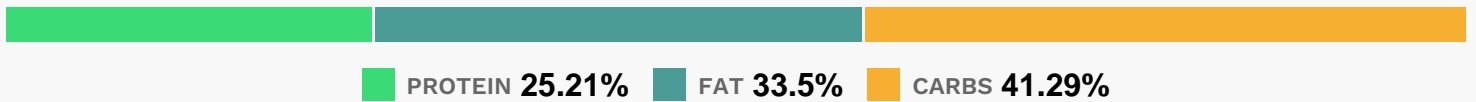
## Equipment

- bowl
- frying pan
- oven
- pot

## Directions

- In a large pot cook manicotti pasta with boiling salted water until al dente. Rinse with warm water and drain.
- In a large bowl mix together ricotta cheese, eggs, onion, grated Romano cheese, chicken bouillon, garlic, thyme, ground black pepper, and spinach.
- To assemble, fill manicotti noodles with cheese filling. Arrange noodles in a greased 9x13 inch pan.
- Pour tomato sauce down center of shells.
- Sprinkle with shredded Mozzarella cheese.
- Bake in a preheated 350 degree(175 degree C) oven for 25 minutes, or until hot and bubbly.

## Nutrition Facts



## Properties

Glycemic Index:33.33, Glycemic Load:12.54, Inflammation Score:-10, Nutrition Score:26.706956635351%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 374.81kcal (18.74%), Fat: 14.02g (21.57%), Saturated Fat: 7.69g (48.07%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 35.39g (12.87%), Sugar: 4.11g (4.56%), Cholesterol: 98.2mg (32.73%), Sodium: 896.36mg (38.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.49%), Vitamin K: 178.57µg (170.07%), Vitamin A: 6231.35IU (124.63%), Selenium: 48.73µg (69.62%), Calcium: 442.23mg (44.22%), Manganese: 0.78mg (38.9%), Phosphorus: 382.8mg (38.28%), Vitamin B2: 0.44mg (26.06%), Folate: 101.29µg (25.32%), Magnesium: 82.69mg (20.67%), Zinc: 2.81mg (18.76%), Potassium: 527.51mg (15.07%), Vitamin E: 2.22mg (14.8%), Iron: 2.55mg (14.16%), Fiber: 3.49g (13.97%), Vitamin B12: 0.83µg (13.9%), Copper: 0.27mg (13.51%), Vitamin B6: 0.25mg (12.32%), Vitamin B1: 0.13mg (8.44%), Vitamin B5: 0.81mg (8.13%), Vitamin C: 6.62mg (8.03%), Vitamin B3: 1.4mg (6.98%), Vitamin D: 0.47µg (3.12%)