



Manicotti

READY IN



75 min.

SERVINGS



4

CALORIES



616 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon parsley dried
- 2 eggs
- 4 servings ground pepper black to taste
- 0.8 cup parmesan cheese grated
- 1 pint part-skim ricotta cheese
- 5.5 ounces manicotti pasta
- 4 servings salt to taste
- 8 ounces mozzarella cheese shredded
- 16 ounce spaghetti sauce

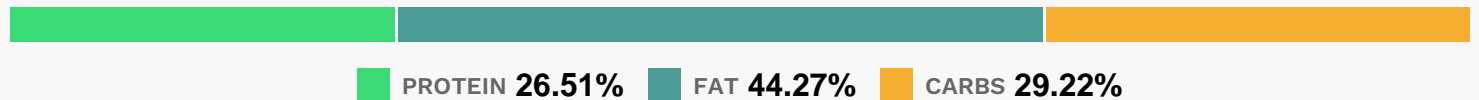
Equipment

- bowl
- oven
- baking pan

Directions

- Cook manicotti in boiling water until done.
- Drain, and rinse with cold water.
- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine ricotta, mozzarella, and 1/2 cup Parmesan, eggs, parsley, and salt and pepper.
- Mix well.
- Pour 1/2 cup sauce into an 11x17 inch baking dish. Fill each manicotti shell with 3 tablespoons cheese mixture, and arrange over sauce .
- Pour remaining sauce over top, and sprinkle with remaining Parmesan cheese.
- Bake 45 minutes, or until bubbly.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:13.99, Inflammation Score:-8, Nutrition Score:25.518695623978%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

Nutrients (% of daily need)

Calories: 615.9kcal (30.79%), Fat: 30.3g (46.62%), Saturated Fat: 17.04g (106.48%), Carbohydrates: 45.01g (15%), Net Carbohydrates: 42.03g (15.28%), Sugar: 6.13g (6.81%), Cholesterol: 179.62mg (59.87%), Sodium: 1596.5mg (69.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.83g (81.65%), Selenium: 68.04µg (97.19%), Calcium: 811.07mg (81.11%), Phosphorus: 684.19mg (68.42%), Vitamin B2: 0.64mg (37.79%), Vitamin B12: 2.08µg

(34.75%), Zinc: 5.14mg (34.26%), Vitamin A: 1610.57IU (32.21%), Manganese: 0.55mg (27.27%), Potassium: 681.58mg (19.47%), Magnesium: 76.23mg (19.06%), Iron: 2.85mg (15.84%), Copper: 0.31mg (15.73%), Vitamin E: 2.2mg (14.64%), Vitamin B6: 0.26mg (13.21%), Vitamin B5: 1.28mg (12.84%), Folate: 48.1µg (12.02%), Fiber: 2.98g (11.92%), Vitamin B3: 1.97mg (9.86%), Vitamin C: 7.97mg (9.66%), Vitamin B1: 0.12mg (7.88%), Vitamin K: 6.23µg (5.94%), Vitamin D: 0.88µg (5.86%)