



 **68%**  
HEALTH SCORE

## Manicotti Florentine

 Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



369 kcal

### Ingredients

- 3 large egg whites
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon garlic powder
- 0.8 cup green onions chopped ( 6 onions)
- 1 teaspoon lemon pepper
- 1.5 cups curd cottage cheese 2% low-fat
- 0.5 teaspoon oregano dried
- 0.5 cup parmesan cheese fresh divided grated
- 4 ounces part-skim mozzarella cheese shredded divided

- 15 ounce part-skim ricotta cheese
- 26 ounce garlic-and-herb pasta sauce (such as Healthy Choice)
- 8 ounce manicotti shells uncooked
- 20 ounce pkt spinach frozen dry thawed drained chopped

## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350
- Cook pasta according to package directions, omitting salt and fat.
- While pasta cooks, combine 1/2 cup mozzarella, 1/4 cup Parmesan, spinach, and next 7 ingredients in a large bowl; stir well.
- Drain pasta, and rinse with cold water to prevent sticking; drain. Spoon spinach mixture evenly into pasta shells (about 1/3 cup filling in each).
- Spoon 1/2 cup pasta sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange stuffed pasta shells over sauce in dish; top with remaining sauce.
- Sprinkle evenly with remaining 1/2 cup mozzarella, remaining 1/4 cup Parmesan, and parsley. Cover and bake at 350 for 45 minutes or until thoroughly heated. Uncover and bake an additional 5 minutes.

## Nutrition Facts

 **PROTEIN 31.5%**  **FAT 26.42%**  **CARBS 42.08%**

## Properties

Glycemic Index:31.43, Glycemic Load:11.81, Inflammation Score:-10, Nutrition Score:32.05695665401%

## Flavonoids

Apigenin: 2.46mg, Apigenin: 2.46mg, Apigenin: 2.46mg, Apigenin: 2.46mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

## **Nutrients (% of daily need)**

Calories: 369.46kcal (18.47%), Fat: 11.06g (17.01%), Saturated Fat: 6.29g (39.33%), Carbohydrates: 39.63g (13.21%), Net Carbohydrates: 34.21g (12.44%), Sugar: 7.26g (8.06%), Cholesterol: 35.99mg (12%), Sodium: 1074.25mg (46.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.66g (59.33%), Vitamin K: 347.43µg (330.88%), Vitamin A: 10547.77IU (210.96%), Selenium: 47.35µg (67.65%), Calcium: 545.98mg (54.6%), Manganese: 1.06mg (52.79%), Phosphorus: 437.85mg (43.79%), Folate: 158.02µg (39.51%), Vitamin B2: 0.61mg (35.74%), Magnesium: 117.34mg (29.34%), Vitamin E: 4.08mg (27.23%), Potassium: 868.84mg (24.82%), Fiber: 5.42g (21.7%), Iron: 3.72mg (20.66%), Copper: 0.39mg (19.55%), Zinc: 2.85mg (19.02%), Vitamin C: 15.36mg (18.62%), Vitamin B6: 0.36mg (18.19%), Vitamin B12: 0.71µg (11.88%), Vitamin B3: 2.25mg (11.24%), Vitamin B1: 0.17mg (11.18%), Vitamin B5: 0.88mg (8.83%)