



## Manicotti for Two

READY IN



55 min.

SERVINGS



2

CALORIES



898 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 4 manicotti shells uncooked
- 0.5 pound ground sausage italian
- 1.5 cups pasta sauce
- 1 cup ricotta cheese
- 0.5 cup part-skim mozzarella cheese shredded divided
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon seasoning italian
- 0.3 teaspoon garlic powder
- 0.3 teaspoon pepper

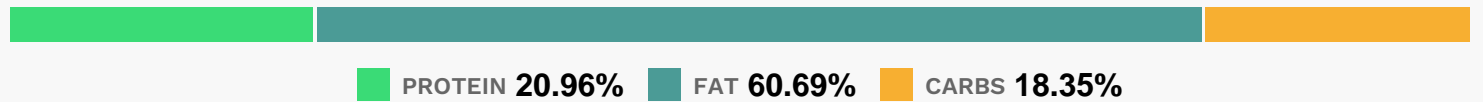
# Equipment

- bowl
- frying pan
- oven
- baking pan

# Directions

- Cook manicotti according to package directions. Meanwhile, in a large skillet, cook the sausage over medium heat until no longer pink; drain. Stir in spaghetti sauce.
- Drain manicotti and rinse with cold water. In a small bowl, combine the ricotta cheese, 1/4 cup mozzarella cheese, Parmesan cheese, Italian seasoning, garlic powder and pepper. Carefully stuff manicotti.
- Place in a greased small baking dish. Top with sausage mixture.
- Bake, uncovered, at 350&deg; for 30–35 minutes or until heated through.
- Sprinkle with remaining mozzarella.
- Bake 3–5 minutes longer or until cheese is melted.

# Nutrition Facts



# Properties

Glycemic Index:92, Glycemic Load:14.03, Inflammation Score:-8, Nutrition Score:31.139130385026%

# Nutrients (% of daily need)

Calories: 897.88kcal (44.89%), Fat: 60.65g (93.3%), Saturated Fat: 28.01g (175.07%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 37.17g (13.52%), Sugar: 8.09g (8.99%), Cholesterol: 178.22mg (59.41%), Sodium: 2198.47mg (95.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.13g (94.25%), Selenium: 75.96µg (108.52%), Phosphorus: 678.62mg (67.86%), Calcium: 648.39mg (64.84%), Vitamin B1: 0.74mg (49.62%), Vitamin B2: 0.7mg (41.33%), Zinc: 5.67mg (37.77%), Vitamin B6: 0.66mg (33.05%), Vitamin A: 1600.11IU (32%), Manganese: 0.64mg (31.86%), Potassium: 1094.81mg (31.28%), Vitamin B3: 6.25mg (31.24%), Vitamin B12: 1.85µg (30.86%), Iron: 4.34mg (24.09%), Copper: 0.44mg (22.05%), Magnesium: 86.92mg (21.73%), Vitamin E: 3.02mg (20.11%), Vitamin C: 15.15mg (18.36%), Fiber: 4.09g (16.36%), Vitamin B5: 1.62mg (16.22%), Folate: 50.92µg (12.73%), Vitamin K:

10.72µg (10.21%), Vitamin D: 0.39µg (2.63%)