



Manicotti II

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce cream cheese softened
- ☐ 1 pound ground sausage
- ☐ 12 manicotti shells
- ☐ 2 cups mozzarella cheese shredded
- ☐ 16 ounce spaghetti sauce

Equipment

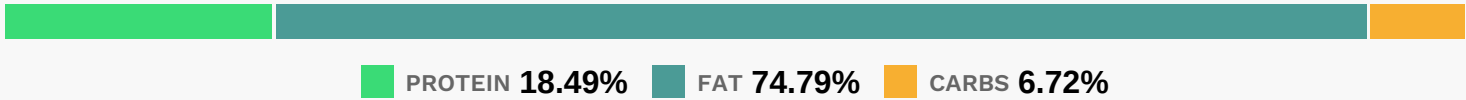
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add manicotti shells and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a skillet over medium heat, brown the sausage; drain and keep hot. In a large bowl combine cream cheese, 1 3/4 cup of the mozzarella cheese and sausage.
- ☐ Stuff noodles with cheese and sausage mixture; place in baking dish.
- ☐ Pour sauce over top of noodles and sprinkle with extra cheese.
- ☐ Bake for 25 minutes or until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:2.68, Inflammation Score:-6, Nutrition Score:13.466086864471%

Nutrients (% of daily need)

Calories: 499.68kcal (24.98%), Fat: 41.66g (64.09%), Saturated Fat: 19.23g (120.2%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 7.21g (2.62%), Sugar: 4.55g (5.06%), Cholesterol: 122.1mg (40.7%), Sodium: 1192.04mg (51.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.35%), Phosphorus: 298.86mg (29.89%), Vitamin B12: 1.58µg (26.28%), Calcium: 243.01mg (24.3%), Vitamin A: 1144.06IU (22.88%), Vitamin B3: 4.41mg (22.06%), Zinc: 3.11mg (20.76%), Vitamin B2: 0.34mg (19.72%), Vitamin B6: 0.34mg (17.16%), Vitamin B1: 0.25mg (16.52%), Selenium: 11.31µg (16.16%), Potassium: 494.74mg (14.14%), Vitamin E: 1.63mg (10.87%), Vitamin B5: 1.02mg (10.18%), Iron: 1.8mg (9.98%), Magnesium: 33.85mg (8.46%), Copper: 0.15mg (7.68%), Vitamin D: 1.13µg (7.55%), Vitamin C: 5.82mg (7.06%), Manganese: 0.12mg (5.92%), Fiber: 1.2g (4.79%), Vitamin K: 4.07µg (3.88%), Folate: 13.94µg (3.48%)