



Manicotti with Cheese

READY IN



45 min.

SERVINGS



8

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup parmesan cheese grated
- ☐ 8 ounce manicotti pasta
- ☐ 0.5 teaspoon salt
- ☐ 2 cups mozzarella cheese shredded
- ☐ 2 cups milk ricotta cheese whole
- ☐ 32 ounce spaghetti sauce

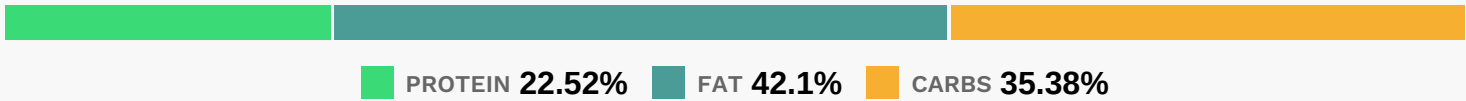
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain and cool on waxed paper or aluminum foil to prevent the noodles from sticking together.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, combine ricotta cheese, mozzarella cheese, Parmesan cheese, parsley, salt and pepper; fill manicotti with cheese mixture.
- ☐ In a 9x13 inch baking dish, spread a thin layer of spaghetti sauce on the bottom and arrange manicotti in a single layer; cover with remaining sauce. Cover dish with aluminum foil and bake in preheated oven for 40 minutes.
- ☐ Remove foil and bake for 15 minutes longer; serve.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:11.15, Inflammation Score:-7, Nutrition Score:14.767826023309%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 337.95kcal (16.9%), Fat: 15.96g (24.55%), Saturated Fat: 9.44g (58.98%), Carbohydrates: 30.18g (10.06%), Net Carbohydrates: 27.52g (10.01%), Sugar: 5.26g (5.85%), Cholesterol: 56.46mg (18.82%), Sodium: 967.45mg (42.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.42%), Selenium: 33.45µg (47.78%), Calcium: 320.94mg (32.09%), Phosphorus: 301.77mg (30.18%), Vitamin A: 1067.81IU (21.36%), Manganese: 0.41mg (20.3%), Vitamin K: 21.08µg (20.08%), Vitamin B2: 0.3mg (17.81%), Zinc: 2.33mg (15.55%), Vitamin B12: 0.89µg (14.86%), Potassium: 498.54mg (14.24%), Vitamin E: 1.81mg (12.06%), Copper: 0.23mg (11.61%), Magnesium: 46.16mg (11.54%), Vitamin C: 9.27mg (11.23%), Fiber: 2.66g (10.63%), Iron: 1.9mg (10.55%), Vitamin B6: 0.19mg (9.6%), Vitamin B3: 1.72mg (8.58%), Folate: 26.43µg (6.61%), Vitamin B5: 0.66mg (6.59%), Vitamin B1: 0.07mg (4.73%), Vitamin D: 0.25µg (1.68%)