



Meaty Cheese Manicotti

READY IN



35 min.

SERVINGS



6

CALORIES



817 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, drained canned
- 0.5 cup wine dry white
- 0.5 pound ground round
- 0.5 pound ground sausage italian hot
- 1 teaspoon seasoning dried italian
- 1 medium onion chopped
- 0.8 cup parmesan shredded
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

- 8 ounce shells uncooked
- 8 ounces mozzarella cheese shredded
- 2 cups whipping cream

Equipment

- frying pan
- oven
- wire rack
- baking pan

Directions

- Cook pasta according to package directions; rinse in cold water.
- Drain.
- Place in a single layer on a wire rack; set aside.
- Remove casings from sausage, and discard. Cook sausage, ground round, and onion in a large skillet, stirring until meat crumbles and is no longer pink.
- Drain and set aside.
- Add wine to skillet, stirring to loosen browned bits; bring to a boil.
- Add whipping cream and next 3 ingredients; reduce heat, and simmer, stirring often, 15 minutes or until thickened.
- Remove from heat; cover and set aside.
- Combine meat mixture, tomatoes, and mozzarella cheese. Spoon mixture evenly into 12 manicotti shells; arrange shells in a lightly greased 13- x 9-inch baking dish.
- Bake, covered, at 350 for 20 minutes. Uncover and pour cream mixture evenly over shells; sprinkle with Parmesan cheese.
- Bake, uncovered, at 350 for 10 more minutes. Broil, 5 1/2 inches from heat, 2 to 3 minutes or until cheese is lightly browned.

Nutrition Facts



■ PROTEIN 17.05% ■ FAT 63.34% ■ CARBS 19.61%

Properties

Glycemic Index:40.17, Glycemic Load:13.63, Inflammation Score:-8, Nutrition Score:23.884347666865%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 816.64kcal (40.83%), Fat: 56.74g (87.29%), Saturated Fat: 31.21g (195.07%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 36.51g (13.28%), Sugar: 7.81g (8.68%), Cholesterol: 181.31mg (60.44%), Sodium: 1048.28mg (45.58%), Alcohol: 2.06g (100%), Alcohol %: 0.74% (100%), Protein: 34.36g (68.73%), Selenium: 51.7µg (73.86%), Phosphorus: 492.84mg (49.28%), Calcium: 446.02mg (44.6%), Vitamin B12: 2.32µg (38.63%), Vitamin A: 1673.6IU (33.47%), Zinc: 4.91mg (32.73%), Manganese: 0.6mg (29.89%), Vitamin B2: 0.49mg (28.73%), Vitamin B6: 0.5mg (24.92%), Vitamin B3: 4.81mg (24.05%), Vitamin B1: 0.36mg (23.88%), Potassium: 665.02mg (19%), Iron: 3.26mg (18.09%), Magnesium: 70.22mg (17.56%), Copper: 0.32mg (16.07%), Vitamin E: 1.91mg (12.76%), Fiber: 3.01g (12.03%), Vitamin B5: 1.12mg (11.2%), Vitamin C: 8.9mg (10.79%), Vitamin D: 1.52µg (10.14%), Vitamin K: 10.09µg (9.61%), Folate: 32.2µg (8.05%)