



## Meaty Stuffed Manicotti

READY IN



45 min.

SERVINGS



8

CALORIES



468 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 16 ounce small-curd cottage cheese
- ☐ 1 large eggs
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 pound ground round
- ☐ 0.5 pound sausage italian hot
- ☐ 1 tablespoon penzey's southwest seasoning dried italian
- ☐ 0.3 cup milk
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 8 ounce manicotti shells
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 32 ounce spaghetti sauce with mushrooms, divided
- ☐ 2 slices bread white cubed

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Cook pasta according to package directions; rinse with cold water.
- ☐ Drain.
- ☐ Remove casings from sausage, and discard. Cook sausage and beef in a large skillet, stirring until meat crumbles and is no longer pink.
- ☐ Drain.
- ☐ Stir together egg and milk in a large bowl; add bread. Stir in sausage mixture, mozzarella cheese, and next 5 ingredients. Spoon into manicotti shells, and arrange in a lightly greased 13- x 9-inch baking dish.
- ☐ Pour 1 1/2 jars spaghetti sauce over shells.
- ☐ Bake, covered, at 350 for 30 minutes. Uncover and pour remaining 1/2 jar spaghetti sauce over shells; sprinkle with Parmesan.
- ☐ Bake, uncovered, 10 more minutes.
- ☐ Note: Casserole may be assembled and frozen up to 1 month. Thawed in refrigerator overnight; baked, covered, at 350 for 40 minutes or until heated.

## Nutrition Facts



 **PROTEIN 25.91%**  **FAT 44.76%**  **CARBS 29.33%**

Properties

Glycemic Index:43.85, Glycemic Load:13.62, Inflammation Score:-7, Nutrition Score:20.019999846168%

Nutrients (% of daily need)

Calories: 467.74kcal (23.39%), Fat: 23.24g (35.76%), Saturated Fat: 10.13g (63.34%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 31.19g (11.34%), Sugar: 7.5g (8.34%), Cholesterol: 98.6mg (32.87%), Sodium: 1359.76mg (59.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.27g (60.55%), Selenium: 45µg (64.28%), Phosphorus: 420.42mg (42.04%), Vitamin B12: 1.92µg (32.05%), Calcium: 297.52mg (29.75%), Zinc: 3.86mg (25.71%), Vitamin B2: 0.43mg (25.12%), Manganese: 0.5mg (24.97%), Vitamin B3: 4.4mg (22.02%), Vitamin B6: 0.41mg (20.65%), Potassium: 689.12mg (19.69%), Vitamin B1: 0.29mg (19.51%), Iron: 3.19mg (17.72%), Vitamin A: 848.04IU (16.96%), Copper: 0.3mg (14.75%), Magnesium: 58.96mg (14.74%), Vitamin E: 2.06mg (13.75%), Vitamin B5: 1.33mg (13.32%), Fiber: 3.07g (12.26%), Vitamin C: 8.52mg (10.33%), Folate: 39.75µg (9.94%), Vitamin K: 8.29µg (7.89%), Vitamin D: 0.45µg (3.01%)