



Microwave Mexican Manicotti

READY IN



45 min.

SERVINGS



12

CALORIES



261 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 servings green onions chopped for garnish
- 1 pound ground beef
- 0.5 teaspoon ground cumin
- 0.5 cup monterrey jack cheese shredded
- 1 teaspoon oregano dried
- 16 ounce picante sauce
- 16 ounce refried beans canned
- 8 ounce manicotti shells uncooked
- 1 cup cup heavy whipping cream sour

1.3 cups water

Equipment

bowl

frying pan

knife

plastic wrap

baking pan

microwave

tongs

Directions

Grease a microwave-safe 9x12 inch baking dish, and set aside.

Heat a skillet over medium-high heat, and cook and stir the beef until crumbly, evenly browned, and no longer pink, about 10 minutes.

Drain and discard any excess grease.

Mix together the cooked ground beef, refried beans, oregano, and cumin in a bowl. Spoon the mixture into uncooked manicotti shells, and place the filled shells into the baking dish.

Combine the water and picante sauce in a bowl, and pour over the shells.

Cover the dish with microwave-safe plastic wrap, cut a few holes in the wrap with a knife to vent, and microwave on High power for 10 minutes. Carefully pull back the plastic wrap to avoid steam, and turn the shells over with tongs. Replace the plastic and microwave an additional 15 to 20 minutes on Medium power, until the shells are cooked and the liquid has been absorbed.

Pull off the plastic wrap, and spoon sour cream over the shells.

Sprinkle with Monterey Jack cheese and chopped green onions for garnish.

Nutrition Facts



PROTEIN 19.88% **FAT 45.64%** **CARBS 34.48%**

Properties

Glycemic Index:12.5, Glycemic Load:6.75, Inflammation Score:-5, Nutrition Score:9.2047826284948%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 260.6kcal (13.03%), Fat: 13.1g (20.15%), Saturated Fat: 5.8g (36.26%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 19.16g (6.97%), Sugar: 3.72g (4.13%), Cholesterol: 42.34mg (14.11%), Sodium: 528.34mg (22.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.84g (25.67%), Selenium: 19.39µg (27.71%), Vitamin K: 16.15µg (15.38%), Vitamin B12: 0.89µg (14.8%), Phosphorus: 145.89mg (14.59%), Zinc: 2.16mg (14.41%), Fiber: 3.11g (12.43%), Manganese: 0.24mg (12.16%), Vitamin B3: 2.41mg (12.04%), Vitamin B6: 0.23mg (11.64%), Calcium: 96.81mg (9.68%), Iron: 1.73mg (9.62%), Vitamin A: 432.14IU (8.64%), Potassium: 289.65mg (8.28%), Vitamin B2: 0.14mg (7.99%), Magnesium: 27.5mg (6.88%), Copper: 0.12mg (5.9%), Vitamin E: 0.79mg (5.25%), Vitamin B5: 0.43mg (4.28%), Vitamin B1: 0.06mg (3.68%), Folate: 13.8µg (3.45%), Vitamin C: 2.03mg (2.46%)