



## Pumpkin and Sausage Manicotti

READY IN



75 min.

SERVINGS



8

CALORIES



577 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 16 shells uncooked
- ☐ 1 lb sausage meat italian
- ☐ 2 large cloves garlic finely chopped
- ☐ 2 tablespoons sage fresh finely chopped
- ☐ 1 eggs
- ☐ 15 oz part-skim ricotta
- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 0.5 cup parmesan shredded
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 8 oz mozzarella cheese shredded italian
- ☐ 3 cups alfredo sauce (from two 16-oz jars)
- ☐ 1 leaves sage fresh

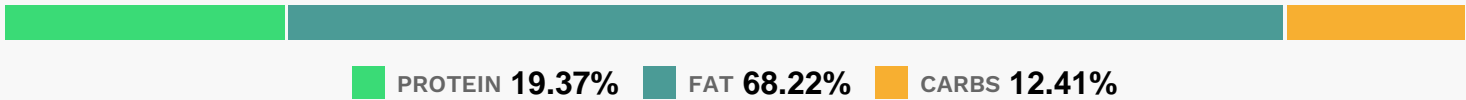
## Equipment

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

## Directions

- ☐ Heat oven to 350°F. Cook and drain pasta shells as directed on package, using minimum cook time. Meanwhile, in 12-inch skillet, cook sausage, garlic and 1 tablespoon of the chopped sage over medium heat 8 to 10 minutes, stirring occasionally, until sausage is no longer pink; drain.
- ☐ In medium bowl, beat egg. Stir in ricotta cheese, pumpkin, Parmesan cheese, pepper, 1 cup of the Italian cheese, remaining 1 tablespoon chopped sage and the sausage.
- ☐ Spread 1 cup of the Alfredo sauce in ungreased 13x9-inch (3-quart) glass baking dish. Fill pasta shells with sausage mixture. Arrange stuffed shells over sauce in dish.
- ☐ Pour remaining 2 cups of the Alfredo sauce evenly over shells.
- ☐ Cover; bake 30 to 35 minutes or until hot. Uncover; top with remaining 1 cup Italian cheese.
- ☐ Bake 5 to 10 minutes longer or until cheese is melted.
- ☐ Garnish with sage leaves.

## Nutrition Facts



## Properties

Glycemic Index:23.25, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:19.94521737617%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 576.67kcal (28.83%), Fat: 43.13g (66.35%), Saturated Fat: 20.23g (126.44%), Carbohydrates: 17.65g (5.88%), Net Carbohydrates: 14.63g (5.32%), Sugar: 2.08g (2.31%), Cholesterol: 165.42mg (55.14%), Sodium: 1408.34mg (61.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.55g (55.1%), Copper: 4.66mg (232.98%), Vitamin A: 3318.12IU (66.36%), Calcium: 394.62mg (39.46%), Phosphorus: 349.31mg (34.93%), Selenium: 18.54µg (26.48%), Vitamin B12: 1.41µg (23.44%), Zinc: 3.17mg (21.14%), Vitamin B2: 0.34mg (19.86%), Manganese: 0.35mg (17.57%), Vitamin B3: 2.93mg (14.63%), Vitamin B6: 0.28mg (13.79%), Vitamin B1: 0.19mg (12.9%), Fiber: 3.02g (12.08%), Vitamin B5: 1.06mg (10.6%), Iron: 1.71mg (9.51%), Potassium: 304.06mg (8.69%), Magnesium: 34.41mg (8.6%), Vitamin D: 1.04µg (6.97%), Folate: 24.7µg (6.18%), Vitamin C: 1.81mg (2.2%), Vitamin E: 0.27mg (1.83%), Vitamin K: 1.59µg (1.52%)