



Ricotta and Margherita® Salami Manicotti

READY IN



90 min.

SERVINGS



6

CALORIES



442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup basil fresh italian divided chopped
- ☐ 0.3 cup parmesan cheese shredded
- ☐ 24 ounce pasta sauce with mushrooms
- ☐ 12 manicotti pasta shells uncooked
- ☐ 15 ounce ricotta cheese
- ☐ 8 ounces genoa salami sliced margherita® chopped
- ☐ 2 cups mozzarella cheese shredded
- ☐ 1 cup water

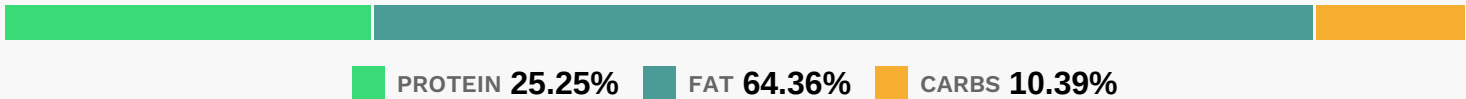
Equipment

- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ Combine ricotta cheese, salami, Romano cheese and 1/4 cup of the basil; mix well. Spoon mixture into uncooked manicotti shells.
- ☐ Combine pasta sauce and water; spoon 1 cup of the mixture in bottom of 13 x 9-inch baking dish. Arrange manicotti shells over sauce; spoon remaining sauce over shells covering completely.
- ☐ Cover dish with foil; bake 1 hour to 1 hour and 5 minutes or until pasta is tender when pierced with a knife. Uncover; top with mozzarella cheese. Return to oven; bake 10 minutes or until bubbly and cheese is melted. Top with remaining 1/4 cup basil.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:3.6, Inflammation Score:-8, Nutrition Score:22.168695553489%

Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 441.93kcal (22.1%), Fat: 31.78g (48.89%), Saturated Fat: 16.03g (100.16%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 9.61g (3.5%), Sugar: 4.74g (5.27%), Cholesterol: 98.33mg (32.78%), Sodium: 1757.03mg (76.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.05g (56.1%), Vitamin K: 86.89µg (82.75%),

Selenium: 29.11µg (41.59%), Calcium: 413.87mg (41.39%), Phosphorus: 396.92mg (39.69%), Vitamin B12: 2.2µg (36.68%), Vitamin A: 1512.52IU (30.25%), Vitamin B2: 0.46mg (27.19%), Vitamin B1: 0.41mg (27.13%), Zinc: 3.95mg (26.33%), Vitamin B6: 0.37mg (18.72%), Vitamin C: 14.59mg (17.68%), Potassium: 618.46mg (17.67%), Vitamin B3: 3.46mg (17.32%), Iron: 2.38mg (13.24%), Vitamin E: 1.83mg (12.2%), Magnesium: 46.38mg (11.59%), Copper: 0.23mg (11.54%), Vitamin B5: 1mg (10.02%), Manganese: 0.19mg (9.52%), Fiber: 1.93g (7.72%), Folate: 30.33µg (7.58%), Vitamin D: 0.31µg (2.08%)