



WHATSheATE



Sausage and Cheese Manicotti



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



711 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes italian with basil canned
- ☐ 0.5 cup wine dry white
- ☐ 8 large basil fresh
- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounces fennel seeds sweet italian with fennel seeds (3 1/2 sausages)
- ☐ 1 pound manicotti shells (large tubular pasta)
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion finely chopped

- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 1 cup provolone cheese (provola)
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 2 cups whole-milk ricotta cheese fresh

Equipment

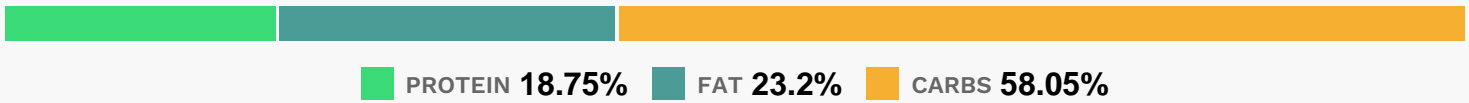
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ tongs
- ☐ glass baking pan

Directions

- ☐ Pierce each sausage several times with tip of knife.
- ☐ Place sausages in heavy large saucepan; add onion. Cover; cook over medium-low heat 5 minutes. Turn sausages over; stir onion. Cover and continue to cook until sausages release some fat and onion begins to color, about 5 minutes. Uncover; increase heat to medium.
- ☐ Add wine and simmer until wine evaporates and onion is golden, stirring often, about 5 minutes.
- ☐ Remove from heat.
- ☐ Fit food mill directly onto pan.
- ☐ Add tomatoes with juices and puree through mill into pan, leaving only seeds behind and scraping all tomato pulp from underside of food mill into pan; or puree tomatoes with juices in processor, then strain out seeds and add puree to pan.

- ☐ Add crushed red pepper. Simmer very gently over low heat until sauce thickens and reduces to scant 2 cups, stirring sauce and turning sausages occasionally, about 1 hour 15 minutes.
- ☐ Add slivered basil and simmer sauce 5 minutes longer. Using tongs, transfer sausages to plate and cool. Season sauce to taste with salt and pepper.
- ☐ Place ricotta in medium bowl.
- ☐ Mix in provolone cubes, 2 tablespoons grated Parmesan, and black pepper.
- ☐ Cut sausages into 1/4-inch cubes; stir into cheese mixture. Season filling to taste with salt. (Sauce and filling can be made 1 day ahead. Cover separately and chill.)
- ☐ Cook manicotti in large pot of boiling salted water until still somewhat firm to bite and about 3/4 cooked, about 7 minutes (depending on brand). Using tongs, carefully transfer manicotti from pot to foil-lined baking sheet and cool.
- ☐ Brush olive oil over bottom of 13x9x2-inch glass baking dish; spread 3 tablespoons sauce over. Using teaspoon, fill each of 12 manicotti with about 1/3 cup cheese-sausage mixture. Arrange stuffed pasta in single layer in prepared dish and spoon remaining sauce over. (Can be made 2 hours ahead. Cover with plastic wrap; let stand at room temperature.)
- ☐ Preheat oven to 350°F.
- ☐ Sprinkle remaining 3/4 cup Parmesan atop sauce.
- ☐ Bake manicotti uncovered until heated through and sauce is bubbling on bottom of dish, about 20 minutes.
- ☐ Let manicotti stand 5 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:25.9, Inflammation Score:-9, Nutrition Score:39.855217500873%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 711.06kcal (35.55%), Fat: 18.62g (28.65%), Saturated Fat: 4.88g (30.53%), Carbohydrates: 104.83g (34.94%), Net Carbohydrates: 77.06g (28.02%), Sugar: 11.35g (12.61%), Cholesterol: 29.75mg (9.92%), Sodium: 506.57mg (22.02%), Alcohol: 2.06g (100%), Alcohol %: 0.64% (100%), Protein: 33.86g (67.73%), Manganese: 4.7mg (235.06%), Fiber: 27.77g (111.08%), Calcium: 1057.57mg (105.76%), Selenium: 52.45µg (74.92%), Iron: 13.46mg (74.8%), Magnesium: 295.44mg (73.86%), Phosphorus: 589.05mg (58.9%), Copper: 1.08mg (54.08%), Potassium: 1587.31mg (45.35%), Vitamin B3: 6.42mg (32.08%), Vitamin B6: 0.62mg (30.88%), Vitamin C: 25.16mg (30.5%), Zinc: 4.36mg (29.05%), Vitamin B1: 0.41mg (27.38%), Vitamin B2: 0.4mg (23.42%), Vitamin E: 2.16mg (14.37%), Vitamin A: 610.21IU (12.2%), Vitamin K: 11.53µg (10.98%), Folate: 36.23µg (9.06%), Vitamin B5: 0.83mg (8.32%), Vitamin B12: 0.34µg (5.73%)