



Sausage Broccoli Manicotti

READY IN



65 min.

SERVINGS



8

CALORIES



498 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups broccoli frozen thawed drained chopped well
- 16 ounces curd cottage cheese 4%
- 1 eggs
- 2 teaspoons parsley fresh minced
- 2 garlic clove minced
- 0.1 teaspoon garlic powder
- 1 pound ground sausage italian johnsonville®
- 0.5 teaspoon onion powder
- 0.8 cup parmesan shredded divided

- 6 ounces part-skim mozzarella cheese shredded divided
- 0.5 teaspoon pepper
- 8 ounces shells
- 4 cups pasta sauce

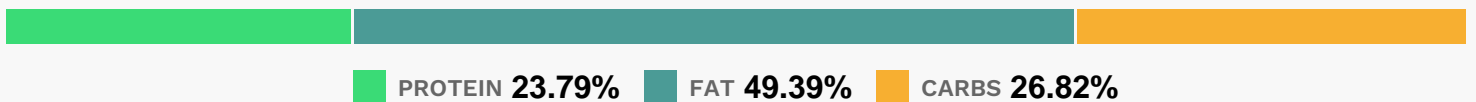
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Cook manicotti according to package directions. Meanwhile, in a large bowl, combine the cottage cheese, broccoli, 1 cup mozzarella cheese, 1/4 cup Parmesan cheese, egg, parsley, onion powder, pepper and garlic powder; set aside.
- In a large skillet, cook the sausage over medium heat until no longer pink; drain.
- Add spaghetti sauce and garlic.
- Spread 1 cup meat sauce in a greased 13-in. x 9-in. baking dish.
- Rinse and drain shells; stuff with broccoli mixture. Arrange over sauce. Top with remaining sauce.
- Sprinkle with remaining mozzarella and Parmesan cheeses.
- Bake, uncovered, at 350° for 40–50 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:11.83, Inflammation Score:-8, Nutrition Score:23.63956499618%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 498.18kcal (24.91%), Fat: 27.46g (42.24%), Saturated Fat: 11.4g (71.22%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 29.87g (10.86%), Sugar: 7.55g (8.38%), Cholesterol: 93.17mg (31.06%), Sodium: 1476.21mg (64.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.76g (59.51%), Selenium: 46.04µg (65.77%), Vitamin C: 39.44mg (47.81%), Phosphorus: 455.45mg (45.55%), Calcium: 378.69mg (37.87%), Vitamin K: 38.27µg (36.44%), Vitamin B1: 0.43mg (28.52%), Manganese: 0.53mg (26.53%), Vitamin B2: 0.44mg (26.17%), Vitamin B6: 0.46mg (22.92%), Potassium: 774.41mg (22.13%), Vitamin A: 1023.44IU (20.47%), Zinc: 2.98mg (19.86%), Vitamin B3: 3.87mg (19.33%), Vitamin B12: 1.1µg (18.26%), Copper: 0.32mg (15.9%), Magnesium: 63.07mg (15.77%), Iron: 2.75mg (15.27%), Vitamin E: 2.21mg (14.73%), Fiber: 3.67g (14.7%), Vitamin B5: 1.45mg (14.46%), Folate: 53.6µg (13.4%), Vitamin D: 0.28µg (1.85%)