



Sausage-Stuffed Manicotti

READY IN



45 min.

SERVINGS



10

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 2 cups milk fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup bell pepper green chopped
- ☐ 1 pound turkey sausage sweet italian
- ☐ 10 manicotti shells uncooked
- ☐ 1.5 cups onion chopped
- ☐ 1 ounce parmesan cheese fresh grated

- ☐ 6 ounces part-skim mozzarella cheese shredded
- ☐ 2 cups tomato-basil pasta sauce (such as Newman's Own)

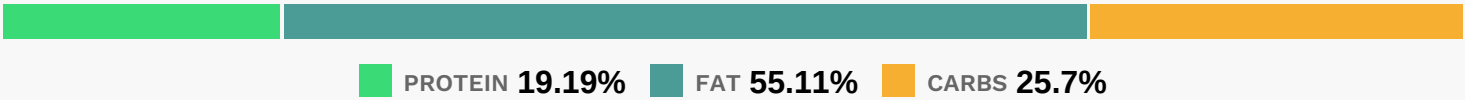
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Remove casings from sausage.
- ☐ Add sausage to pan; cook 5 minutes or until browned, stirring to crumble.
- ☐ Add onion and bell pepper to pan; saut 5 minutes or until tender.
- ☐ Melt butter in a medium saucepan over medium heat. Stir in flour; cook 2 minutes, stirring constantly with a whisk.
- ☐ Remove from heat; gradually add milk, stirring with a whisk. Return pan to heat; bring to a boil. Cook 6 minutes or until thickened, stirring constantly with a whisk.
- ☐ Remove from heat; stir in black pepper.
- ☐ Add 1/2 cup milk mixture to sausage mixture; stir well.
- ☐ Preheat oven to 35
- ☐ Spoon about 1/3 cup sausage mixture into each manicotti; arrange manicotti in a single layer in a 13 x 9inch baking dish coated with cooking spray.
- ☐ Sprinkle mozzarella over manicotti; spread remaining milk mixture evenly over mozzarella. Top milk mixture with pasta sauce, spreading to cover.
- ☐ Sprinkle with Parmesan.
- ☐ Bake at 350 for 35 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:32.42, Glycemic Load:7.08, Inflammation Score:-5, Nutrition Score:11.809565196867%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

Nutrients (% of daily need)

Calories: 343.46kcal (17.17%), Fat: 20.87g (32.1%), Saturated Fat: 8.92g (55.77%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 19.88g (7.23%), Sugar: 6.3g (7%), Cholesterol: 54.78mg (18.26%), Sodium: 616.78mg (26.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.34g (32.69%), Selenium: 26.09µg (37.27%), Calcium: 258.8mg (25.88%), Phosphorus: 257.78mg (25.78%), Vitamin B1: 0.34mg (22.34%), Vitamin C: 15.86mg (19.23%), Vitamin B12: 0.88µg (14.59%), Vitamin B2: 0.23mg (13.53%), Vitamin B6: 0.26mg (13.23%), Zinc: 1.88mg (12.53%), Manganese: 0.24mg (11.97%), Potassium: 392.89mg (11.23%), Vitamin B3: 2.02mg (10.09%), Vitamin A: 479.64IU (9.59%), Fiber: 2.02g (8.08%), Magnesium: 30.19mg (7.55%), Iron: 1.12mg (6.24%), Vitamin B5: 0.56mg (5.56%), Copper: 0.11mg (5.52%), Folate: 18.1µg (4.53%), Vitamin D: 0.6µg (4.03%), Vitamin K: 1.78µg (1.69%), Vitamin E: 0.17mg (1.16%)