



Shortcut Sausage-Stuffed Manicotti with Sun-Dried Tomato Sauce

 Very Healthy

READY IN



120 min.

SERVINGS



7

CALORIES



1179 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 26 oz julienne-cut oil-packed sun-dried tomatoes
- ☐ 0.5 cup water
- ☐ 1.5 lb ground sausage italian uncooked (7 links)
- ☐ 8 oz shells uncooked
- ☐ 8 oz mozzarella cheese shredded
- ☐ 1 oz parmesan shredded

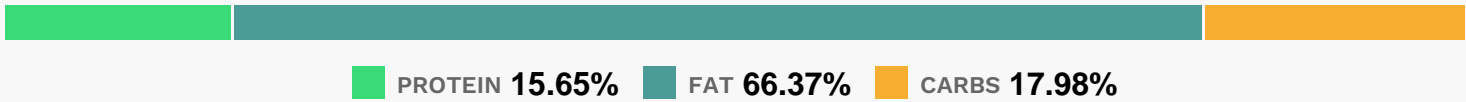
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ Spread 1 cup of the pasta sauce in dish. To remaining sauce in jar, add water and mix well.
- ☐ Cut sausage links in half lengthwise; remove casings. Shape each piece of sausage into roll; stuff into uncooked pasta shell.
- ☐ Place stuffed shells on sauce in dish.
- ☐ Pour remaining pasta sauce mixture over shells.
- ☐ Cover tightly with foil; bake 1 hour 20 minutes.
- ☐ Sprinkle with mozzarella and Parmesan cheeses; bake uncovered 10 minutes longer or until cheeses are melted and pasta is tender.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.71, Glycemic Load:10.13, Inflammation Score:-9, Nutrition Score:44.069999964341%

Nutrients (% of daily need)

Calories: 1179.26kcal (58.96%), Fat: 89.46g (137.62%), Saturated Fat: 21.23g (132.72%), Carbohydrates: 54.52g (18.17%), Net Carbohydrates: 53.48g (19.45%), Sugar: 1.23g (1.37%), Cholesterol: 102.22mg (34.07%), Sodium: 984.49mg (42.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.45g (94.9%), Manganese: 2.58mg (128.76%), Phosphorus: 1117.05mg (111.71%), Magnesium: 427.76mg (106.94%), Copper: 2.07mg (103.72%), Vitamin B5: 8.07mg (80.7%), Selenium: 51µg (72.86%), Folate: 265.72µg (66.43%), Vitamin B1: 0.91mg (60.56%), Vitamin B6: 1.2mg (59.78%), Zinc: 8.84mg (58.91%), Vitamin B3: 9.34mg (46.68%), Iron: 6.69mg (37.18%), Calcium: 364.84mg (36.48%), Vitamin B2: 0.6mg (35.52%), Vitamin B12: 1.67µg (27.86%), Potassium: 422.33mg (12.07%), Vitamin A: 305.41IU (6.11%), Vitamin C: 4.79mg (5.8%), Fiber: 1.04g (4.15%)