



## Spinach and Triple-Cheese Stuffed Manicotti

READY IN



75 min.

SERVINGS



6

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 slices oscar mayer bacon chopped
- 0.5 tsp basil and oregano leaves dried
- 1 lb extra-lean ground beef
- 2 cloves garlic minced
- 8 oz philadelphia neufchatel cheese softened
- 1 onion chopped
- 0.5 cup polly-o parmesan cheese shaved
- 24 oz classico family favorites pasta sauce traditional
- 12 manicotti shells uncooked

- 0.5 cup mozzarella cheese shredded kraft
- 10 oz pkt spinach frozen dry thawed chopped
- 0.5 cup water

## Equipment

- frying pan
- paper towels
- oven
- baking pan
- aluminum foil
- slotted spoon

## Directions

- Heat oven to 350F.
- Cook pasta as directed on package. Meanwhile, cook bacon in large skillet on medium heat 4 to 5 min or until crisp. Use slotted spoon to remove bacon from skillet, reserving drippings in skillet.
- Drain bacon on paper towels.
- Add onions and garlic to drippings; cook and stir 2 min.
- Add ground beef; cook and stir 6 to 7 min. or until no longer pink. Stir in bacon, Neufchatel, spinach, mozzarella and herbs.
- Drain shells; fill with meat mixture.
- Pour 1 cup sauce into bottom of 13x9-inch baking dish; top with shells.
- Add water to pasta sauce jar. Cover with lid and shake jar.
- Pour water over shells; cover with foil.
- Bake 45 min. or until heated through, uncovering after 35 min. Top with Parmesan.

## Nutrition Facts



PROTEIN 31.5%  FAT 54.33%  CARBS 14.17%

## Properties

Glycemic Index:49.17, Glycemic Load:3.51, Inflammation Score:-10, Nutrition Score:29.266956531483%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

## Nutrients (% of daily need)

Calories: 378.23kcal (18.91%), Fat: 23.11g (35.56%), Saturated Fat: 11.16g (69.75%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 10.1g (3.67%), Sugar: 6.55g (7.28%), Cholesterol: 97.56mg (32.52%), Sodium: 1039.75mg (45.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.15g (60.3%), Vitamin K: 180.95µg (172.34%), Vitamin A: 6492.2IU (129.84%), Phosphorus: 378.33mg (37.83%), Selenium: 25.71µg (36.73%), Vitamin B12: 2.19µg (36.55%), Zinc: 5.42mg (36.14%), Vitamin B3: 6.28mg (31.41%), Vitamin B6: 0.59mg (29.59%), Calcium: 281.72mg (28.17%), Manganese: 0.53mg (26.62%), Potassium: 898.83mg (25.68%), Vitamin B2: 0.43mg (25.48%), Folate: 93.01µg (23.25%), Vitamin E: 3.47mg (23.15%), Iron: 4.09mg (22.7%), Magnesium: 83.6mg (20.9%), Vitamin C: 12.24mg (14.83%), Copper: 0.3mg (14.82%), Fiber: 3.47g (13.88%), Vitamin B5: 1.27mg (12.67%), Vitamin B1: 0.17mg (11.32%), Vitamin D: 0.21µg (1.42%)