



Spinach Manicotti

READY IN



50 min.

SERVINGS



7

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 eggs slightly beaten
- 2 cloves garlic finely chopped
- 8 oz pizza cheese shredded italian
- 25.5 oz pasta sauce (any flavor)
- 0.3 teaspoon pepper red crushed
- 15 oz ricotta cheese
- 8 oz shells uncooked (14 shells)
- 10 oz pkt spinach frozen dry organic thawed drained cascadian farm®

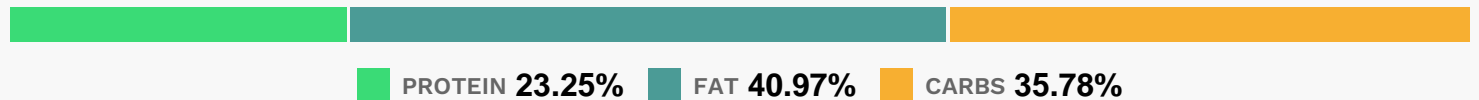
Equipment

- bowl
- oven
- aluminum foil
- glass baking pan

Directions

- Heat oven to 375F. Cook manicotti as directed on box. Rinse with cool water; drain well.
- In medium bowl, stir together 1 1/2 cups of the Italian cheese blend, the red pepper, ricotta cheese, spinach, garlic and egg.
- In bottom of ungreased 13x9-inch (3-quart) glass baking dish, spread 1 cup of the pasta sauce. Spoon ricotta mixture into manicotti; place over sauce in dish.
- Pour remaining sauce over manicotti.
- Cover tightly with foil; bake about 30 minutes or until sauce is bubbling. Uncover dish; sprinkle with remaining 1/2 cup Italian cheese blend.
- Bake uncovered 5 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:25.14, Glycemic Load:12.26, Inflammation Score:-10, Nutrition Score:23.707391401996%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 374.48kcal (18.72%), Fat: 17.55g (27.01%), Saturated Fat: 6.69g (41.82%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 30.97g (11.26%), Sugar: 4.91g (5.46%), Cholesterol: 60.84mg (20.28%), Sodium: 646.28mg (28.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.42g (44.84%), Vitamin K: 199.31µg (189.82%), Vitamin

A: 4570.33IU (91.41%), Selenium: 32.38µg (46.25%), Manganese: 0.79mg (39.59%), Folate: 103.99µg (26%), Calcium: 257.21mg (25.72%), Vitamin C: 18.88mg (22.88%), Phosphorus: 218.92mg (21.89%), Potassium: 682.25mg (19.49%), Vitamin B2: 0.31mg (18.35%), Magnesium: 72.41mg (18.1%), Vitamin E: 2.51mg (16.7%), Iron: 2.88mg (15.99%), Copper: 0.29mg (14.28%), Fiber: 3.52g (14.08%), Vitamin B6: 0.28mg (13.76%), Zinc: 1.7mg (11.32%), Vitamin B3: 1.95mg (9.75%), Vitamin B5: 0.72mg (7.17%), Vitamin B1: 0.1mg (6.52%), Vitamin B12: 0.26µg (4.37%), Vitamin D: 0.25µg (1.65%)