



Spinach Pesto Manicotti

READY IN



75 min.

SERVINGS



6

CALORIES



432 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz manicotti shells uncooked
- 1 lb ground beef 90% (at least)
- 9 oz spinach frozen thawed chopped
- 1 cup mozzarella cheese diced
- 0.5 cup basil pesto
- 1 eggs
- 26 oz pasta sauce

Equipment

- bowl
- oven
- baking pan
- aluminum foil
- ziploc bags
- glass baking pan

Directions

- Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with nonstick cooking spray. Cook manicotti to desired doneness as directed on package.
- Drain; rinse with cold water to cool.
- Drain well.
- Meanwhile, in large bowl, combine ground beef, spinach, cheese, pesto and egg. If desired, add salt and pepper; mix well. For easier stuffing, place beef mixture in resealable freezer plastic bag; seal bag.
- Cut about 1-inch hole in bottom corner of bag.
- Fill each manicotti by squeezing beef mixture into manicotti; place in sprayed baking dish.
- Pour pasta sauce over manicotti. Cover with foil.
- Bake 30 to 40 minutes or until filling is no longer pink in center.

Nutrition Facts



PROTEIN 27.91% **FAT 36.36%** **CARBS 35.73%**

Properties

Glycemic Index:19, Glycemic Load:13.56, Inflammation Score:-10, Nutrition Score:30.924348147019%

Nutrients (% of daily need)

Calories: 432.09kcal (21.6%), Fat: 17.48g (26.89%), Saturated Fat: 5.88g (36.75%), Carbohydrates: 38.65g (12.88%), Net Carbohydrates: 34.04g (12.38%), Sugar: 6.54g (7.27%), Cholesterol: 90.55mg (30.18%), Sodium: 986.62mg (42.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.19g (60.37%), Vitamin K: 162.35µg (154.62%), Vitamin A: 6100.76IU (122.02%), Selenium: 45.76µg (65.37%), Manganese: 0.79mg (39.63%), Zinc: 5.53mg (36.86%), Vitamin B12: 2.18µg (36.4%), Phosphorus: 355.73mg (35.57%), Vitamin B3: 6.25mg (31.27%), Vitamin B6:

0.56mg (28.15%), Iron: 4.6mg (25.58%), Potassium: 882.16mg (25.2%), Vitamin B2: 0.41mg (23.87%), Magnesium: 91.6mg (22.9%), Vitamin E: 3.37mg (22.45%), Folate: 88.05µg (22.01%), Calcium: 218.44mg (21.84%), Copper: 0.38mg (18.86%), Fiber: 4.62g (18.46%), Vitamin C: 10.94mg (13.26%), Vitamin B5: 1.21mg (12.07%), Vitamin B1: 0.14mg (9.53%), Vitamin D: 0.3µg (1.98%)