

**27%**
HEALTH SCORE

Three Cheese Manicotti II

READY IN

**60 min.**

SERVINGS

**6**

CALORIES

**653 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons basil dried
- 1 eggs
- 1 tablespoon garlic minced
- 1 cup parmesan cheese divided grated
- 52 ounce pasta sauce
- 2 cups ricotta cheese
- 8 ounce shells
- 4 cups mozzarella cheese shredded divided

Equipment

- bowl
- oven
- pot
- baking pan

Directions

- Bring a large pot of lightly salted water to a boil.
- Add manicotti and cook for 8 to 10 minutes or until al dente; drain.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- In a bowl, mix 3 cups mozzarella cheese, ricotta cheese, 1/2 cup Parmesan cheese, garlic, egg, and basil. Stuff cooked manicotti with the mixture.
- Spread about 2 cups pasta sauce over the bottom of the prepared baking dish. Arrange stuffed manicotti in the dish, and cover with remaining sauce.
- Sprinkle with remaining mozzarella cheese.
- Bake 15 minutes in the preheated oven.
- Sprinkle with remaining Parmesan, and continue baking 10 minutes, until mozzarella is melted and bubbly.

Nutrition Facts



PROTEIN 24.17% **FAT 46.44%** **CARBS 29.39%**

Properties

Glycemic Index:28.5, Glycemic Load:16.8, Inflammation Score:-9, Nutrition Score:30.662608851557%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 652.79kcal (32.64%), Fat: 34.15g (52.54%), Saturated Fat: 19.73g (123.29%), Carbohydrates: 48.62g (16.21%), Net Carbohydrates: 43.19g (15.71%), Sugar: 10.82g (12.03%), Cholesterol: 142.93mg (47.64%), Sodium: 2007.79mg (87.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.99g (79.98%), Selenium: 58.36µg (83.37%), Calcium: 774.24mg (77.42%), Phosphorus: 658.59mg (65.86%), Vitamin A: 2130.28IU (42.61%), Manganese: 0.81mg (40.3%), Vitamin B2: 0.66mg (39.02%), Vitamin B12: 2.27µg (37.9%), Zinc: 5.14mg (34.26%), Vitamin K: 32.73µg (31.17%), Potassium: 1038.76mg (29.68%), Vitamin E: 4.12mg (27.45%), Iron: 4.92mg (27.31%), Magnesium: 97.44mg (24.36%), Copper: 0.46mg (23.06%), Fiber: 5.43g (21.7%), Vitamin C: 17.63mg (21.36%), Vitamin B6: 0.42mg (20.9%), Vitamin B3: 3.33mg (16.67%), Vitamin B5: 1.39mg (13.89%), Folate: 52.68µg (13.17%), Vitamin B1: 0.14mg (9.15%), Vitamin D: 0.69µg (4.63%)