



Turkey and Broccoli Manicotti

READY IN



60 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 shells uncooked
- ☐ 0.8 lb pd of ground turkey 90% lean (at least)
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 container yogurt plain fat free
- ☐ 1.5 cups broccoli frozen thawed drained chopped
- ☐ 6 oz mozzarella cheese shredded
- ☐ 1 teaspoon seasoning italian
- ☐ 14 oz pasta sauce

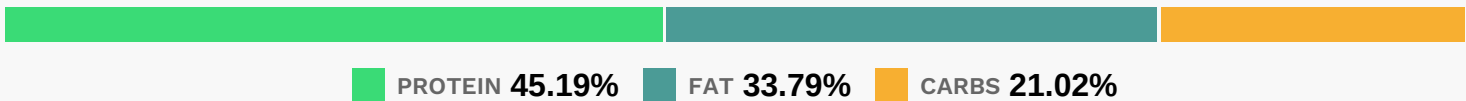
Equipment

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

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ Cook pasta shells as directed on box. Rinse with cool water; drain well.
- ☐ In 10-inch nonstick skillet, cook turkey, onion and garlic salt over medium heat about 5 minutes, stirring frequently, until turkey is no longer pink.
- ☐ Remove from heat. Stir in yogurt, broccoli, 1/2 cup of the cheese and the Italian seasoning.
- ☐ Spread 1/2 cup pasta sauce in baking dish. Spoon turkey mixture into shells; arrange in baking dish. Spoon remaining pasta sauce over shells. Cover with foil.
- ☐ Bake about 25 minutes or until hot and bubbly.
- ☐ Sprinkle with remaining 1 cup cheese.
- ☐ Bake about 5 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:3.4, Inflammation Score:-8, Nutrition Score:24.317825918612%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 306.39kcal (15.32%), Fat: 11.76g (18.09%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 13.49g (4.91%), Sugar: 9.81g (10.9%), Cholesterol: 81.51mg (27.17%), Sodium: 1126.64mg (48.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.37g (70.74%), Phosphorus: 491.58mg (49.16%), Vitamin B3: 9.65mg (48.23%), Vitamin B6: 0.96mg (48.09%), Vitamin C: 38.38mg (46.53%), Selenium: 30.88µg (44.11%), Vitamin K: 40.72µg (38.78%), Calcium: 372.82mg (37.28%), Vitamin B12: 1.75µg (29.16%), Vitamin B2: 0.45mg (26.75%), Zinc: 3.72mg (24.79%), Potassium: 866.92mg (24.77%), Vitamin A: 956.83IU (19.14%), Magnesium: 70.18mg (17.55%), Vitamin B5: 1.71mg (17.06%), Manganese: 0.27mg (13.3%), Iron: 2.34mg (13.01%), Folate: 51.66µg (12.91%), Vitamin E: 1.92mg (12.83%), Fiber: 2.96g (11.85%), Copper: 0.21mg (10.49%), Vitamin B1: 0.15mg (10.12%), Vitamin D: 0.51µg (3.4%)