

Turkey Manicotti

READY IN



50 min.

SERVINGS



8

CALORIES



259 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 slices bread
- 2 garlic clove minced
- 1.5 pounds pd of ground turkey
- 0.3 cup onion chopped
- 0.5 cup parmesan cheese grated
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 8 ounces manicotti shells cooked drained
- 4 ounces mozzarella cheese shredded

3.8 cups pasta sauce

Equipment

frying pan

oven

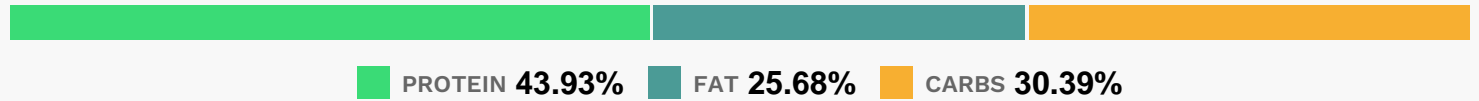
baking pan

Directions

Soak bread in water; squeeze to remove excess water. Tear into small pieces; set aside. In a skillet, cook the turkey, onion, garlic, salt and pepper until meat is no longer pink and onion is tender; drain. Stir in the bread and cheeses; mix well. Spoon into manicotti shells.

Pour half of the spaghetti sauce into a greased 13-in. x 9-in. baking dish. Arrange shells over sauce; top with the remaining sauce. Cover and bake at 350° for 25–30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:33.52, Glycemic Load:8.02, Inflammation Score:-6, Nutrition Score:17.152173861213%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 258.9kcal (12.95%), Fat: 7.51g (11.56%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 17.38g (6.32%), Sugar: 5.02g (5.58%), Cholesterol: 63.41mg (21.14%), Sodium: 965.06mg (41.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.92g (57.84%), Vitamin B3: 9.93mg (49.65%), Selenium: 33.72µg (48.17%), Vitamin B6: 0.89mg (44.44%), Phosphorus: 342.04mg (34.2%), Potassium: 647.76mg (18.51%), Zinc: 2.67mg (17.8%), Manganese: 0.34mg (16.98%), Calcium: 159.07mg (15.91%), Vitamin B2: 0.25mg (14.78%), Vitamin B12: 0.84µg (14.02%), Magnesium: 55.68mg (13.92%), Iron: 2.49mg (13.85%), Vitamin A: 669.07IU (13.38%), Vitamin B5: 1.24mg (12.44%), Vitamin E: 1.8mg (12.03%), Copper: 0.23mg (11.47%), Fiber: 2.63g (10.52%), Vitamin C: 8.66mg (10.49%), Vitamin B1: 0.12mg (8.3%), Folate: 27.42µg (6.86%), Vitamin K: 4.13µg (3.93%), Vitamin D: 0.43µg

(2.85%)