

Manicotti

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-spinach-and-ricotta-pie-recipe>

Ingredients:

- 1 pound fresh spinach or a 10 oz package of frozen spinach
- 1 1/2 pounds ricotta
- 6 ounces mozzarella cheese freshly grated
- 2 ounces Parmesan cheese freshly grated
- 3 large eggs lightly beaten
- 1 1/2 teaspoons salt course
- 3 freshly ground black pepper cranks
- 1 pound manicotti shells
- 2 teaspoons olive oil
- 1 cup diced yellow onion
- 5 cloves garlic minced
- 2 pints tomato sauce basic
- 2 tablespoons sugar
- 2 teaspoons dried parsley
- 2 teaspoons dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 2 teaspoons salt
- 1/4 teaspoon black pepper
- 1 pound ground beef

Nutrition:

1. Calories: 1520 calories
2. Carbohydrate: 144 grams
3. Cholesterol: 370 milligrams
4. Fat: 68 grams
5. Fiber: 15 grams
6. Protein: 84 grams
7. SaturatedFat: 32 grams

8. Sodium: 3980 milligrams
 9. Sugar: 35 grams
 10. TransFat: 1 grams
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