



Cannelloni

READY IN



45 min.

SERVINGS



8

CALORIES



646 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings basil sprigs
- ☐ 2 cans tomatoes chopped 1 lb. each
- ☐ 1.5 cups chicken broth
- ☐ 8 egg roll wrappers 6 in. square
- ☐ 2 large egg yolks
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 0.3 cup basil leaves dried fresh chopped
- ☐ 1 clove garlic
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 1 pound jack cheese
- ☐ 1 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 0.5 lb onion chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 cups part-skim ricotta cheese
- ☐ 8 servings salt
- ☐ 2 tablespoons shallots chopped
- ☐ 0.5 pound boned
- ☐ 0.8 pound boned

Equipment

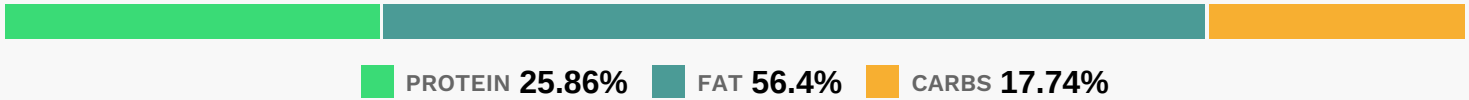
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Filling: In a 10- to 12-inch ovenproof frying pan over high heat, stir butter, onion, and garlic frequently until limp but not browned, 5 to 7 minutes.
- ☐ As onion cooks, cut chicken and veal into about 2-inch chunks. Stir into onion mixture.
- ☐ Bake in a 400 oven just until meat is no longer pink in center (cut to test), about 15 minutes.
- ☐ Let mixture cool, then add ricotta. Coarsely pure mixture in a food processor (or grind through a food chopper).
- ☐ Add parmesan, egg yolks, nutmeg, and salt to taste, mixing well.
- ☐ Sauce: In a 4- to 5-quart pan over high heat, combine butter and shallots and stir often until shallots are limp, about 2 minutes.

- ☐ Add flour and stir until bubbling. Off the heat, whisk in milk and broth. Stir often over medium heat until reduced to 1 1/3 cups, about 25 minutes.
- ☐ Remove from heat.
- ☐ Drain tomatoes; save juice for other uses.
- ☐ Add tomatoes and the chopped basil to sauce.
- ☐ Pasta: Mound 1/8 of the filling (about 6 tablespoons) evenly along 1 side of each egg roll wrapper.
- ☐ Roll each wrapper to enclose the filling. Set rolled cannelloni, seam down and slightly apart, in 2 lightly oiled 3-quart casseroles (about 9 by 13 in., and at least 2 in. deep).
- ☐ Cut teleme cheese into thin pieces and lay pieces onto cannelloni so that each top is completely covered. Spoon the sauce around the cannelloni, adding an equal amount to each casserole. If making ahead, cover and chill up to 1 day.
- ☐ Bake, uncovered, in a 425 oven until sauce bubbles and cannelloni are hot in the center, 10 to 15 minutes (the same time if chilled).
- ☐ Garnish casserole with basil sprigs. Use a wide spatula to transfer a cannelloni to each plate, spooning sauce around portions.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:50.63, Glycemic Load:4.27, Inflammation Score:-8, Nutrition Score:36.396521630494%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 645.73kcal (32.29%), Fat: 41.12g (63.25%), Saturated Fat: 19.51g (121.94%), Carbohydrates: 29.11g (9.7%), Net Carbohydrates: 23.49g (8.54%), Sugar: 8.23g (9.14%), Cholesterol: 191.65mg (63.88%), Sodium: 1171.28mg

(50.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.42g (84.84%), Vitamin K: 146.78µg (139.79%), Calcium: 918.04mg (91.8%), Phosphorus: 655.38mg (65.54%), Manganese: 1.14mg (56.8%), Selenium: 39.36µg (56.23%), Iron: 10.04mg (55.8%), Vitamin B2: 0.79mg (46.41%), Zinc: 5.44mg (36.26%), Vitamin B3: 6.8mg (34.01%), Vitamin B6: 0.67mg (33.3%), Magnesium: 126.82mg (31.7%), Vitamin B12: 1.65µg (27.43%), Potassium: 934.73mg (26.71%), Vitamin A: 1256.88IU (25.14%), Copper: 0.49mg (24.57%), Vitamin E: 3.38mg (22.56%), Fiber: 5.62g (22.48%), Folate: 87.47µg (21.87%), Vitamin B1: 0.29mg (19.25%), Vitamin B5: 1.74mg (17.43%), Vitamin C: 12.29mg (14.89%), Vitamin D: 1.04µg (6.94%)