



Cannelloni Stuffed with Veal and Herbs

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

Ingredients

- 8 cannelloni uncooked
- 1 large eggs lightly beaten
- 0.3 cup parsley fresh chopped
- 1 tablespoon sage fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 0.8 pound ground veal lean
- 2 cups béchamel sauce divided
- 2 tablespoons parmesan cheese grated

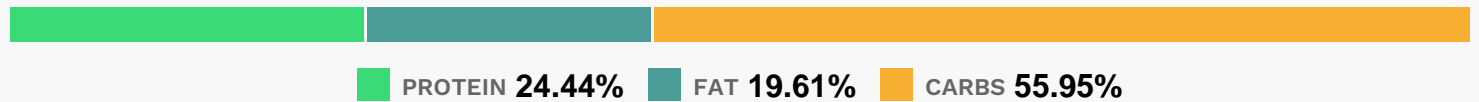
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 35
- Prepare Bchamel Sauce; keep warm.
- Cook pasta according to package directions, omitting salt and fat; set aside.
- Combine 1 cup Bchamel Sauce, veal, and next 5 ingredients (veal through egg) in a bowl; stir well.
- Spoon veal mixture into cooked cannelloni. Arrange stuffed cannelloni into a 13 x 9-inch baking dish coated with cooking spray. Spoon 1 cup Bchamel Sauce over cannelloni. Cover and bake at 350 for 40 minutes. Uncover; sprinkle with 2 tablespoons cheese.
- Bake an additional 10 minutes or until cheese is golden.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:9.14, Inflammation Score:-9, Nutrition Score:20.058261000592%

Flavonoids

Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 401.61kcal (20.08%), Fat: 8.49g (13.07%), Saturated Fat: 3.32g (20.75%), Carbohydrates: 54.55g (18.18%), Net Carbohydrates: 52.92g (19.24%), Sugar: 27.76g (30.85%), Cholesterol: 118.41mg (39.47%), Sodium: 1553.74mg (67.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.82g (47.64%), Copper: 4.73mg (236.45%), Vitamin K: 61.58µg (58.65%), Selenium: 28.5µg (40.72%), Vitamin B3: 6.73mg (33.64%), Phosphorus: 254.95mg (25.5%),

Zinc: 3.3mg (21.99%), Vitamin B12: 1.28µg (21.41%), Manganese: 0.42mg (21.04%), Vitamin B6: 0.41mg (20.64%),
Vitamin B2: 0.32mg (18.94%), Vitamin B5: 1.41mg (14.08%), Iron: 2.46mg (13.67%), Magnesium: 41.53mg (10.38%),
Potassium: 355.74mg (10.16%), Vitamin A: 488.17IU (9.76%), Vitamin C: 7.79mg (9.44%), Folate: 28.05µg (7.01%),
Calcium: 68.43mg (6.84%), Fiber: 1.63g (6.51%), Vitamin B1: 0.09mg (6.33%), Vitamin E: 0.43mg (2.88%), Vitamin D:
0.26µg (1.75%)