



## Homemade Manicotti

READY IN



110 min.

SERVINGS



6

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 eggs
- 3 eggs
- 1.5 cups flour all-purpose
- 1 tablespoon parsley dried fresh minced
- 1 cup milk
- 1.5 pounds ricotta cheese
- 6 servings pecorino cheese shredded
- 0.5 teaspoon salt
- 26 ounces pasta sauce

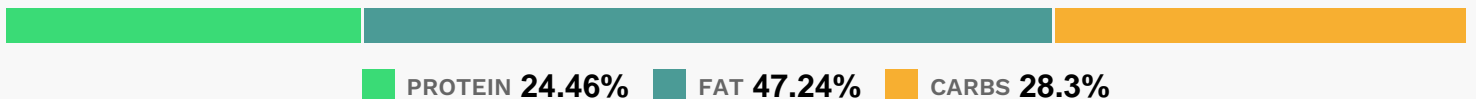
## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan

## Directions

- Place flour in a bowl; whisk in milk, eggs and salt until smooth.
- Heat a lightly greased 8-in. skillet; pour about 2 tablespoons batter into center of skillet.
- Spread into a 5-in. circle. Cook over medium heat until set; do not brown or turn. Repeat with remaining batter, making 18 crepes. Stack crepes with waxed paper in between; set aside.
- For filling, combine cheeses, egg and parsley. Spoon 3-4 tablespoons down the center of each crepe; roll up.
- Pour half of the spaghetti sauce into an ungreased 13-in. x 9-in. baking dish.
- Place crepes, seam side down, over sauce; pour remaining sauce over top.
- Cover and bake at 350° for 20 minutes. Uncover and bake 20 minutes longer or until heated through.
- Sprinkle with Romano cheese if desired.

## Nutrition Facts



## Properties

Glycemic Index:35.33, Glycemic Load:21.31, Inflammation Score:-8, Nutrition Score:23.156956838525%

## Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

## Nutrients (% of daily need)

Calories: 523.97kcal (26.2%), Fat: 27.59g (42.44%), Saturated Fat: 16.32g (101.99%), Carbohydrates: 37.19g (12.4%), Net Carbohydrates: 34.41g (12.51%), Sugar: 7.07g (7.86%), Cholesterol: 203.03mg (67.68%), Sodium: 1290.58mg (56.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.13g (64.26%), Calcium: 646.19mg (64.62%), Selenium: 41.95µg (59.93%), Phosphorus: 574.69mg (57.47%), Vitamin B2: 0.76mg (44.97%), Vitamin A: 1391.8IU (27.84%), Folate: 98.34µg (24.58%), Vitamin B1: 0.34mg (22.39%), Iron: 3.88mg (21.55%), Zinc: 3.14mg (20.95%), Vitamin B12: 1.2µg (20.04%), Manganese: 0.4mg (20.02%), Potassium: 653.63mg (18.68%), Vitamin B3: 3.3mg (16.51%), Vitamin E: 2.34mg (15.6%), Magnesium: 59.81mg (14.95%), Vitamin B5: 1.49mg (14.9%), Vitamin B6: 0.29mg (14.3%), Copper: 0.24mg (12.17%), Fiber: 2.78g (11.1%), Vitamin C: 9.02mg (10.93%), Vitamin K: 10.18µg (9.7%), Vitamin D: 1.41µg (9.41%)