



Homemade Manicotti

READY IN



40 min.

SERVINGS



3

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 crêpes
- 1 eggs
- 1 package spinach frozen thawed
- 0.5 cup parmesan grated
- 12 ounces ricotta cheese
- 3 servings salt
- 3 cups tomato sauce

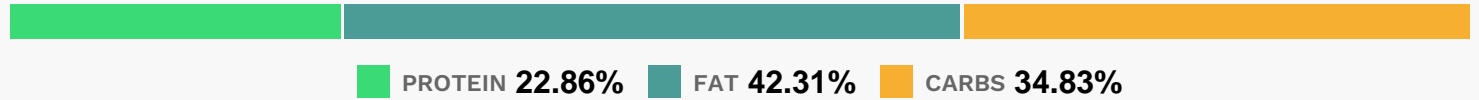
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 375 degrees. In bowl combine Ricotta, eggs and half of the Parmesan cheese.
- Drain spinach and squeeze out remaining water.
- Add to cheese mixture. Stir to blend. Season with salt and pepper. Take a crepe and top with 3 or 4 tablespoons of cheese and spinach mixture.
- Roll up. Fill and roll up remaining crepes. In a baking dish spread sauce evenly along bottom.
- Place stuffed crepes in baking dish. Top with more sauce and Parmesan.
- Bake for 30 minutes, until bubbly.
- Serve.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:5.28, Inflammation Score:-10, Nutrition Score:34.974347840185%

Nutrients (% of daily need)

Calories: 505.81kcal (25.29%), Fat: 24.34g (37.45%), Saturated Fat: 14.06g (87.91%), Carbohydrates: 45.09g (15.03%), Net Carbohydrates: 38.67g (14.06%), Sugar: 20.43g (22.7%), Cholesterol: 139.63mg (46.54%), Sodium: 2018.76mg (87.77%), Alcohol: 0g (100%), Protein: 29.6g (59.2%), Vitamin K: 360.59µg (343.42%), Vitamin A: 12875.45IU (257.51%), Calcium: 623.33mg (62.33%), Manganese: 0.94mg (47.17%), Selenium: 31.85µg (45.49%), Folate: 180.98µg (45.25%), Vitamin E: 6.59mg (43.92%), Phosphorus: 436.41mg (43.64%), Vitamin B2: 0.71mg (42.05%), Potassium: 1209.88mg (34.57%), Magnesium: 129.32mg (32.33%), Iron: 5.45mg (30.27%), Vitamin C: 22.36mg (27.1%), Fiber: 6.42g (25.68%), Vitamin B6: 0.49mg (24.59%), Copper: 0.46mg (22.9%), Zinc: 3.03mg (20.22%), Vitamin B3: 3.08mg (15.41%), Vitamin B5: 1.39mg (13.88%), Vitamin B12: 0.72µg (11.93%), Vitamin B1: 0.17mg (11.66%), Vitamin D: 0.6µg (4.02%)