



How to Make Turkey Manicotti

READY IN



145 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon marjoram dried
- ☐ 1 eggs
- ☐ 2 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1.5 cups tomatoes
- ☐ 2 teaspoons olive oil divided
- ☐ 0.3 cup freshly parmigiano-reggiano cheese shredded
- ☐ 1 tablespoon parsley italian chopped
- ☐ 0.1 teaspoon pepper flakes red

- ☐ 6 servings salt to taste
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 1 cup whole-milk ricotta cheese
- ☐ 1 cup turkey diced cooked
- ☐ 0.8 cup water

Equipment

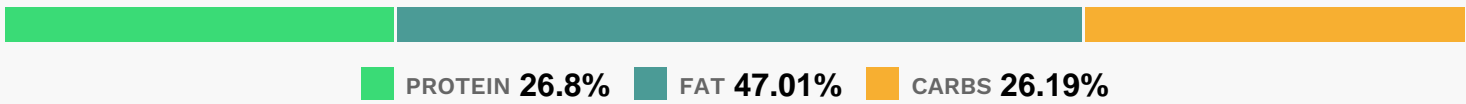
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Whisk 2 eggs, flour, salt, and 1/2 teaspoon olive oil together thoroughly in a bowl to make a very smooth batter. Cover bowl with plastic wrap and refrigerate batter for 1 hour.
- ☐ Mix turkey, ricotta cheese, 1 egg, 1/2 cup Parmigiano-Reggiano cheese, mozzarella cheese, marjoram, red pepper flakes, and Italian parsley in a bowl until thoroughly combined. Season with salt to taste.
- ☐ Place a nonstick skillet over medium-high heat and brush generously with 1 teaspoon olive oil, or as needed. Swirl about 1/4 cup batter into the bottom of the pan and tilt to form a thin pancake covering the bottom of the skillet. Cook until bottom of crepe is dry, 60 to 90 seconds. Flip crepe and cook until other side has small browned spots, 60 to 90 seconds more. Repeat with remaining batter to make 6 crepes.
- ☐ Transfer crepes to a plate as you make them.
- ☐ Spread about 1/2 cup marinara sauce into the bottom of a 9x12-inch baking dish. Use a brush to spread about 1/2 teaspoon of olive oil in a thin layer up the sides of the dish.
- ☐ Place a crepe, dimpled side down, onto a work surface; spread about 1/3 to 1/2 cup filling onto crepe in a line down the middle.

- ☐ Roll crepe over filling and tuck in ends if desired.
- ☐ Lay filled crepe into the baking dish. Repeat with remaining crepes and filling to make 6 manicotti.
- ☐ Spread remaining 1 cup marinara sauce onto the manicotti in a line down the middle of the crepes, covering middle 1/3 of manicotti.
- ☐ Sprinkle with 1/2 cup Parmigiano-Reggiano cheese all over manicotti.
- ☐ Drizzle manicotti with remaining 1 1/2 teaspoon olive oil.
- ☐ Bake in the preheated oven until manicotti are slightly browned and puffy, about 45 minutes.
- ☐ Let stand 5 minutes to cool.
- ☐ Garnish with 1/3 cup Parmigiano-Reggiano cheese and 1 tablespoon Italian parsley before serving.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:10.13, Inflammation Score:-6, Nutrition Score:12.509565208269%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 260.25kcal (13.01%), Fat: 13.59g (20.91%), Saturated Fat: 6.73g (42.09%), Carbohydrates: 17.04g (5.68%), Net Carbohydrates: 15.66g (5.69%), Sugar: 2.58g (2.86%), Cholesterol: 126mg (42%), Sodium: 719.03mg (31.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.44g (34.88%), Selenium: 24.79µg (35.41%), Phosphorus: 244.72mg (24.47%), Calcium: 225.69mg (22.57%), Vitamin B2: 0.37mg (22.04%), Vitamin A: 752.56IU (15.05%), Vitamin B3: 2.89mg (14.46%), Vitamin K: 14.4µg (13.71%), Vitamin B12: 0.82µg (13.63%), Folate: 52.64µg (13.16%), Iron: 2.15mg (11.92%), Zinc: 1.74mg (11.6%), Vitamin B6: 0.23mg (11.57%), Vitamin B1: 0.17mg (11.01%), Vitamin E: 1.43mg (9.5%), Manganese: 0.19mg (9.46%), Potassium: 326.33mg (9.32%), Vitamin B5: 0.86mg (8.59%), Magnesium: 28.98mg (7.24%), Copper: 0.14mg (6.97%), Vitamin C: 5.18mg (6.27%), Fiber: 1.38g (5.52%), Vitamin D: 0.64µg (4.25%)