



Italian Baked Cannelloni

 Popular

READY IN



65 min.

SERVINGS



6

CALORIES



578 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 4 tablespoons butter
- 0.3 teaspoon rosemary dried
- 0.3 teaspoon sage dried
- 2 egg yolks
- 2 egg yolks lightly beaten
- 4 tablespoons flour all-purpose
- 1 pound ground beef lean

- 2 cups milk
- 12 ounces mozzarella cheese cubed
- 0.5 cup olive oil
- 1 onion thinly sliced
- 12 cannelloni pasta shells
- 6 servings salt to taste
- 6 servings salt and pepper to taste
- 29 ounce stewed tomatoes canned
- 0.5 cup white wine

Equipment

- frying pan
- sauce pan
- oven
- pot
- baking pan
- slotted spoon

Directions

- To make the Cannelloni Filling: In a large skillet over medium heat, warm oil and saute ground beef with the onion, sage and rosemary; cook until meat is evenly browned and crumbly.
- Add salt and 1/2 cup white wine; cook until wine is evaporated.
- To make the Bechamel sauce: Melt 4 tablespoons butter in a medium saucepan over medium heat.
- Add flour and stir until well incorporated. Stir in milk and bring to a slow boil until mixture thickens. Stir into the meat mixture and mix well. Stir in the mozzarella and egg yolks; set aside.
- In a medium saucepan over medium-low heat, melt 2 tablespoons butter and saute onion until soft and translucent.
- Add 1/2 cup white wine and let it cook down to evaporate; add tomato and salt.

- Mix well; simmer for 15 minutes.
- Bring a large pot of lightly salted water to a boil.
- Add pasta, a few at a time, and cook for 8 to 10 minutes or until al dente; using a slotted spoon, remove immediately to a pot filled with cold water. Lift pasta out with slotted spoon and arrange on a flat surface.
- Preheat oven to 400 degrees F (200 degrees C).
- Spoon a line of filling into each shell, starting from one end and using your finger to push the filling inside of each shell. In a 9x13 inch baking dish, place cannelloni and cover with tomato mixture.
- Bake in preheated oven for 15 minutes or until heated through; when finished baking, allow to stand for 5 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:65.67, Glycemic Load:5.6, Inflammation Score:-7, Nutrition Score:23.973912985429%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 578.32kcal (28.92%), Fat: 37.55g (57.77%), Saturated Fat: 19.57g (122.29%), Carbohydrates: 21.51g (7.17%), Net Carbohydrates: 19.62g (7.14%), Sugar: 10.43g (11.59%), Cholesterol: 261.12mg (87.04%), Sodium: 1224.51mg (53.24%), Alcohol: 2.06g (100%), Alcohol %: 0.59% (100%), Protein: 35.69g (71.38%), Vitamin B12: 3.68µg (61.39%), Phosphorus: 528.21mg (52.82%), Selenium: 35.09µg (50.13%), Calcium: 466.19mg (46.62%), Zinc: 6.48mg (43.19%), Vitamin B2: 0.54mg (32.02%), Vitamin B3: 5.66mg (28.29%), Vitamin A: 1274.37IU (25.49%), Iron: 4.58mg (25.43%), Vitamin B6: 0.47mg (23.49%), Potassium: 777.72mg (22.22%), Vitamin E: 2.66mg (17.73%), Magnesium: 61.08mg (15.27%), Vitamin B1: 0.23mg (15.26%), Vitamin C: 12.19mg (14.77%), Vitamin B5: 1.46mg (14.61%), Copper: 0.25mg

(12.46%), Vitamin D: 1.85µg (12.3%), Folate: 45.76µg (11.44%), Manganese: 0.22mg (10.8%), Vitamin K: 8.54µg (8.13%),
Fiber: 1.88g (7.54%)