



Manicotti

READY IN

ready

220 min.

SERVINGS

servings

8

CALORIES

calories

418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 32 ounce tomatoes crushed canned
- ☐ 1 pinch pepper red crushed
- ☐ 1 large eggs
- ☐ 2 large eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 4 basil leaves fresh
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 cloves garlic

- ☐ 3 teaspoons granulated sugar
- ☐ 1 pound ground sirloin
- ☐ 1 pinch kosher salt
- ☐ 1 cup mushrooms
- ☐ 2 teaspoons oil
- ☐ 1 medium onion
- ☐ 0.8 cup parmesan plus more for sprinkling
- ☐ 1 pint part-skimmed ricotta cheese
- ☐ 1 cup skim milk
- ☐ 0.3 cup water

Equipment

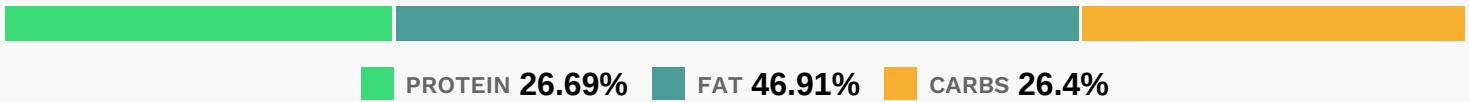
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ spatula

Directions

- ☐ For the tomato sauce: Cook the ground sirloin in a pan over medium heat until it is cooked through, about 10 minutes. Meanwhile, heat the oil in a large pan over medium heat.
- ☐ Add the mushrooms and half the onion and saute, about 8 minutes.
- ☐ Drain and set aside.
- ☐ Combine the tomatoes, garlic and remaining onion in a blender and pulse until the mixture is smooth.

- ☐ Transfer to a large stock pot over medium heat.
- ☐ Add the sugar, crushed red pepper, salt, basil, sirloin and mushroom mixture. Bring to a boil and simmer until slightly thickened. Set aside.
- ☐ For the filling: In a large bowl, combine the ricotta and eggs with a spoon.
- ☐ Add the Parmesan, parsley and pepper, and mix well. Set aside.
- ☐ For the manicotti crepes: In a large mixing bowl, whisk together the flour and egg.
- ☐ Add the milk and 1/4 cup water and combine.
- ☐ Spray a nonstick pan with cooking spray and heat over medium heat.
- ☐ Pour or scoop 2 to 4 tablespoons batter into the pan. Tilt the pan in a circular motion so that the batter coats the bottom of the pan evenly. Cook the crepe until the bottom is a light brown, about 2 minutes. Loosen with a rubber spatula, flip over and cook the other side. Repeat this process with the rest of the batter. Set crepes aside.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place 2 to 3 tablespoons of the ricotta filling in the middle of each crepe and roll up.
- ☐ Place the crepes, seam-side down, in an 11-by-17-inch baking dish. Cover the crepes with tomato sauce then sprinkle with a thin layer of Parmesan.
- ☐ Bake until bubbly, about 45 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:61.67, Glycemic Load:13.61, Inflammation Score:-7, Nutrition Score:22.070869570193%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 418.01kcal (20.9%), Fat: 21.97g (33.8%), Saturated Fat: 10.53g (65.84%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 24.76g (9%), Sugar: 9.23g (10.25%), Cholesterol: 145.76mg (48.59%), Sodium: 433.93mg (18.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.12g (56.24%), Selenium: 33.41µg (47.73%), Phosphorus: 396.25mg (39.63%), Calcium: 343.12mg (34.31%), Vitamin B2: 0.55mg (32.36%), Vitamin B12: 1.89µg (31.55%), Zinc: 4.4mg (29.33%), Vitamin B3: 5.56mg (27.8%), Vitamin B6: 0.51mg (25.33%), Vitamin K: 26.11µg (24.86%), Iron: 4.22mg (23.47%), Potassium: 737.96mg (21.08%), Manganese: 0.42mg (20.79%), Vitamin B1: 0.29mg (19.19%), Copper: 0.35mg (17.63%), Folate: 70.32µg (17.58%), Vitamin A: 844.23IU (16.88%), Vitamin C: 13.54mg (16.41%), Vitamin B5: 1.47mg (14.74%), Magnesium: 56.86mg (14.21%), Vitamin E: 2.12mg (14.11%), Fiber: 3.07g (12.26%), Vitamin D: 0.96µg (6.38%)