



Manicotti

READY IN



45 min.

SERVINGS



6

CALORIES



573 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.5 lb mozzarella cheese fresh
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cups ricotta fresh
- ☐ 3 garlic cloves minced
- ☐ 3 tablespoons olive oil

- ☐ 1 medium onion chopped
- ☐ 0.5 cup parmigiano-reggiano finely grated
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 56 oz juice reserved from tomatoes italian drained finely chopped canned
- ☐ 1 tablespoon butter unsalted melted
- ☐ 1.5 cups water

Equipment

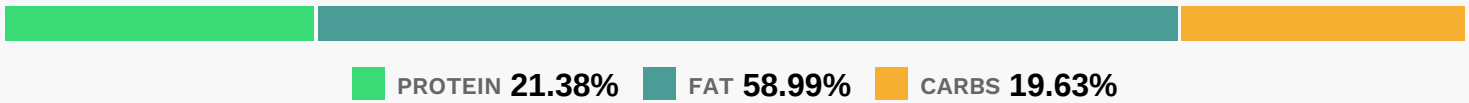
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ kitchen towels

Directions

- ☐ Heat oil in a 5- to 6-quart heavy pot over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until golden, about 6 minutes.
- ☐ Add garlic and sauté, stirring, until golden, about 1 minute.
- ☐ Add tomatoes with juice, water, sugar, and salt and simmer, uncovered, stirring occasionally, until thickened, about 30 minutes. Stir in basil and remove from heat.
- ☐ Break up eggs with a wooden spoon in a medium bowl and stir in water until combined (don't beat). Sift in flour and salt, then stir batter until just combined. Force through a medium-mesh sieve into another bowl.

- ☐ Lightly brush an 8-inch nonstick skillet with melted butter and heat over moderate heat until hot. Ladle about 1/4 cup batter into skillet, tilting and rotating skillet to coat bottom, then pour excess batter back into bowl. (If batter sets before skillet is coated, reduce heat slightly for next crêpe.) Cook until underside is just set and lightly browned, about 30 seconds, then invert crêpe onto a clean kitchen towel to cool completely. Make at least 11 more crêpes in same manner, brushing skillet with butter as needed and stacking crêpes in 3 piles.
- ☐ Stir together ricotta, eggs, Parmigiano-Reggiano, parsley, salt, and pepper.
- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Cut mozzarella lengthwise into 1/4-inch-thick sticks.
- ☐ Spread 2 cups sauce in larger baking dish and 1 cup in smaller one. Arrange 1 crêpe, browned side up, on a work surface, then spread about 1/4 cup filling in a line across center and top with a mozzarella strip. Fold in sides to enclose filling, leaving ends open, and transfer, seam side down, to either baking dish. Fill 11 more crêpes in same manner, arranging snugly in 1 layer in both dishes (8 in larger dish and 4 in smaller).
- ☐ Spread 1 cup sauce over manicotti in larger dish and 1/2 cup in smaller dish. Tightly cover dishes with foil and bake until sauce is bubbling and filling is hot, 15 to 20 minutes.
- ☐ Serve remaining sauce on the side.
- ☐ Manicotti can be assembled (but not baked) 1 day ahead and chilled, covered with foil. Chill remaining sauce, covered, separately.
- ☐ Let stand at room temperature 15 minutes before baking, covered with foil. Reheat sauce, thinning slightly with water.

Nutrition Facts



Properties

Glycemic Index:69.52, Glycemic Load:16.73, Inflammation Score:-9, Nutrition Score:20.725652052009%

Flavonoids

Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg, Apigenin: 7.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 573.04kcal (28.65%), Fat: 37.49g (57.68%), Saturated Fat: 19.37g (121.05%), Carbohydrates: 28.08g (9.36%), Net Carbohydrates: 26.86g (9.77%), Sugar: 2.41g (2.68%), Cholesterol: 165.78mg (55.26%), Sodium: 698.93mg (30.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.58g (61.15%), Vitamin K: 66.07µg (62.92%), Selenium: 40.57µg (57.96%), Calcium: 576.04mg (57.6%), Phosphorus: 459.62mg (45.96%), Vitamin B2: 0.59mg (34.89%), Vitamin A: 1355.68IU (27.11%), Vitamin B12: 1.54µg (25.6%), Zinc: 3.27mg (21.81%), Folate: 82.97µg (20.74%), Vitamin B1: 0.26mg (17.12%), Manganese: 0.29mg (14.51%), Iron: 2.57mg (14.26%), Vitamin E: 1.52mg (10.13%), Magnesium: 38.04mg (9.51%), Vitamin B3: 1.83mg (9.14%), Vitamin B6: 0.16mg (8.02%), Potassium: 274.56mg (7.84%), Vitamin C: 6.44mg (7.8%), Vitamin B5: 0.78mg (7.77%), Copper: 0.12mg (5.75%), Vitamin D: 0.81µg (5.39%), Fiber: 1.21g (4.86%)