



Manicotti Alla Romana

 Popular

READY IN



110 min.

SERVINGS



8

CALORIES



638 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons chicken soup base
- ☐ 2 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 6 cloves garlic finely chopped

- ☐ 1 pound ground beef
- ☐ 2 cups half-and-half
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 cups ricotta cheese
- ☐ 8 servings salt to taste
- ☐ 12 ounce manicotti shells
- ☐ 3 cups spaghetti sauce divided

Equipment

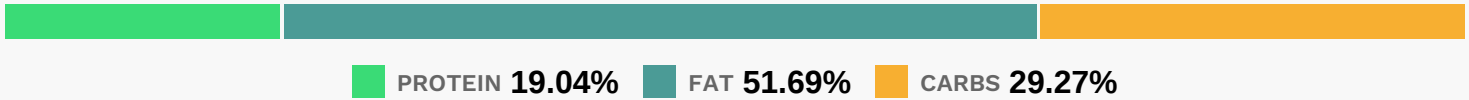
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Saute onions until translucent.
- ☐ Saute garlic for 1 minute and stir in ground beef. Cook until well browned and crumbled. Season with salt and set aside to cool.
- ☐ Cook spinach according to package directions. Meanwhile, bring a large pot of lightly salted water to a boil.
- ☐ Add manicotti shells and parboil for half of the time recommended on the package.
- ☐ Drain and cover with cool water to stop the cooking process and prevent the shells from cracking.

- ☐ To the ground beef mixture add the cooked spinach and ricotta cheese. When the mixture is cool, add the beaten eggs.
- ☐ Spread 1/4 cup spaghetti sauce in the bottom of a 9x13 inch baking dish. Gently drain the manicotti shells and carefully stuff each one with the meat and cheese mixture; place shells in prepared dish. Lightly cover the dish with plastic wrap or a clean, damp towel to prevent shells from cracking.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Prepare the white sauce by melting the butter in a small saucepan over medium heat. Stir in flour and chicken bouillon. Increase heat to medium-high and cook, stirring constantly, until it begins to bubble. Stir in half and half and bring to a boil, stirring frequently. Cook for 1 minute, stirring constantly.
- ☐ Remove from heat and stir in parsley.
- ☐ Pour or ladle the sauce evenly over the stuffed shells.
- ☐ Stir the basil into the remaining spaghetti sauce. Carefully pour or ladle spaghetti sauce over the white sauce, trying to layer the sauces without mixing.
- ☐ Cover and bake for 40 minutes.
- ☐ Remove from oven, uncover and sprinkle with Parmesan cheese.
- ☐ Bake, uncovered, for 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:16.32, Inflammation Score:-10, Nutrition Score:32.160000054733%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 637.57kcal (31.88%), Fat: 36.83g (56.66%), Saturated Fat: 17.57g (109.79%), Carbohydrates: 46.93g (15.64%), Net Carbohydrates: 42.83g (15.57%), Sugar: 8.03g (8.93%), Cholesterol: 147.1mg (49.03%), Sodium: 1232.91mg (53.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.53g (61.06%), Vitamin K: 171.29µg (163.14%), Vitamin A: 5415.71IU (108.31%), Selenium: 55.94µg (79.92%), Phosphorus: 441.48mg (44.15%), Manganese: 0.83mg (41.38%), Calcium: 345.21mg (34.52%), Vitamin B2: 0.58mg (34.22%), Zinc: 4.82mg (32.14%), Vitamin B12: 1.73µg (28.85%), Vitamin B6: 0.52mg (25.97%), Potassium: 856.57mg (24.47%), Vitamin E: 3.61mg (24.06%), Folate: 95µg (23.75%), Magnesium: 92.76mg (23.19%), Vitamin B3: 4.55mg (22.75%), Iron: 4mg (22.2%), Copper: 0.36mg (18.01%), Fiber: 4.1g (16.4%), Vitamin C: 12.92mg (15.66%), Vitamin B5: 1.33mg (13.34%), Vitamin B1: 0.18mg (11.82%), Vitamin D: 0.43µg (2.88%)