

# Manicotti Shells

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 6 eggs
- 2 cups flour all-purpose
- 0.3 teaspoon salt
- 2 cups water

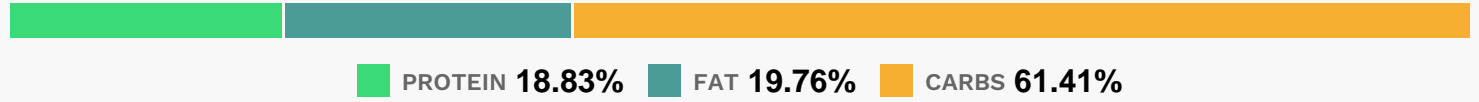
## Equipment

- frying pan

## Directions

- Mix together: flour, water, eggs and salt to make a thin, smooth batter.
- Pour about 1/4 cup batter onto lightly greased griddle. Cook until top forms film.

## Nutrition Facts



## Properties

Glycemic Index:18.75, Glycemic Load:34.5, Inflammation Score:-5, Nutrition Score:14.717826164287%

## Nutrients (% of daily need)

Calories: 321.88kcal (16.09%), Fat: 6.89g (10.6%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 48.17g (16.06%), Net Carbohydrates: 46.48g (16.9%), Sugar: 0.41g (0.46%), Cholesterol: 245.52mg (81.84%), Sodium: 246.23mg (10.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.54%), Selenium: 41.45µg (59.21%), Folate: 145.4µg (36.35%), Vitamin B2: 0.61mg (35.9%), Vitamin B1: 0.52mg (34.47%), Iron: 4.06mg (22.53%), Manganese: 0.45mg (22.26%), Phosphorus: 198.18mg (19.82%), Vitamin B3: 3.74mg (18.7%), Vitamin B5: 1.29mg (12.86%), Vitamin B12: 0.59µg (9.79%), Vitamin D: 1.32µg (8.8%), Zinc: 1.3mg (8.67%), Copper: 0.16mg (7.83%), Vitamin A: 356.4IU (7.13%), Vitamin B6: 0.14mg (6.98%), Fiber: 1.69g (6.75%), Magnesium: 22.86mg (5.71%), Calcium: 49.97mg (5%), Vitamin E: 0.73mg (4.87%), Potassium: 157.99mg (4.51%)