



Mushroom-Crepe Cannelloni

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 8 basic crepes
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 teaspoon flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1.3 cup milk 1% low-fat
- ☐ 16 ounce mushrooms coarsely chopped

- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 ounce parmesan cheese fresh grated
- ☐ 0.5 ounce parmesan cheese fresh grated
- ☐ 2 ounces part-skim ricotta cheese
- ☐ 1 Dash pepper black
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon tomato paste

Equipment

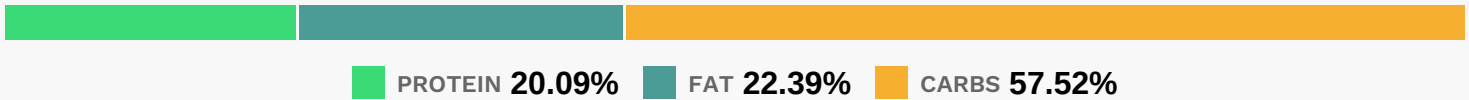
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ To prepare mushroom filling, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms; cook 5 minutes, stirring occasionally.
- ☐ Add oregano and garlic; saut 1 minute.
- ☐ Add wine, and cook for 3 minutes or until liquid evaporates. Stir in tomato paste and 1 teaspoon flour.
- ☐ Remove from heat, and cool. Stir in ricotta cheese, 1 tablespoon Parmesan, 1/2 teaspoon salt, and black pepper.
- ☐ To prepare Parmesan sauce, place 3 tablespoons flour in a small saucepan. Gradually add milk, stirring with a whisk until blended. Stir in 1/4 teaspoon salt and nutmeg.
- ☐ Place over medium heat; cook until thick (about 3 minutes), stirring constantly.

- ☐ Remove from heat; stir in 2 tablespoons Parmesan. Keep warm.
- ☐ Preheat oven to 425F.
- ☐ To prepare cannelloni, spoon 1/4 cup mushroom mixture in center of each crepe; roll up.
- ☐ Place, seam sides down, in each of 4 gratin dishes or in a 13 x 9-inch baking dish coated with cooking spray. Spoon half of tomatoes over crepes, and top with Parmesan sauce and remaining tomatoes.
- ☐ Sprinkle with 1 tablespoon Parmesan.
- ☐ Bake at 425F for 15 minutes. Turn broiler on (do not remove dish from oven); broil 3 minutes or until cheese is lightly browned.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:117.75, Glycemic Load:6.77, Inflammation Score:-8, Nutrition Score:18.103478120721%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 281.45kcal (14.07%), Fat: 6.98g (10.74%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 36.72g (13.35%), Sugar: 19.16g (21.29%), Cholesterol: 23.62mg (7.87%), Sodium: 899.65mg (39.12%), Alcohol: 1.54g (100%), Alcohol %: 0.53% (100%), Protein: 14.1g (28.2%), Vitamin B2: 0.7mg (41.09%), Vitamin B3: 5.99mg (29.94%), Copper: 0.59mg (29.33%), Phosphorus: 283.9mg (28.39%), Selenium: 18.71µg (26.73%), Calcium: 266.2mg (26.62%), Potassium: 869.31mg (24.84%), Vitamin B5: 2.36mg (23.57%), Manganese: 0.36mg (18.05%), Vitamin B1: 0.27mg (17.99%), Vitamin B6: 0.36mg (17.88%), Iron: 3.02mg (16.8%), Vitamin C: 12.96mg (15.71%), Fiber: 3.66g (14.65%), Magnesium: 50.31mg (12.58%), Folate: 49.43µg (12.36%), Vitamin E: 1.74mg (11.63%), Zinc: 1.63mg (10.88%), Vitamin A: 531.22IU (10.62%), Vitamin B12: 0.6µg (10%), Vitamin K: 10.01µg (9.53%), Vitamin D: 1.08µg (7.19%)