



Mushroom Manicotti

READY IN



35 min.

SERVINGS



2

CALORIES



561 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 shells uncooked
- 1 tablespoon butter
- 5 oz mushrooms fresh sliced
- 2 tablespoons onion chopped
- 2 cloves garlic finely chopped
- 0.3 cup wine dry white dry (from 32-oz carton)
- 1 teaspoon juice of lemon
- 0.3 teaspoon lemon pepper
- 0.1 teaspoon salt

- 0.5 cup whipping cream
- 3 oz cream cheese softened
- 3 tablespoons feta cheese crumbled
- 2 tablespoons onion chopped
- 0.5 teaspoon worcestershire sauce
- 0.3 cup finely-chopped ham diced cooked
- 1 tablespoon chives fresh chopped

Equipment

- bowl
- sauce pan
- oven
- glass baking pan

Directions

- Heat oven to 375°F. Cook and drain manicotti shells as directed on package.
- In 3-quart saucepan melt butter over medium heat. Cook mushrooms, 2 tablespoons onion and garlic in butter about 3 minutes, stirring frequently, until vegetables are crisp-tender. Stir in sherry, lemon juice, lemon pepper and salt. Cook over medium-high heat about 4 minutes, stirring occasionally, until almost all liquid has evaporated. Stir in whipping cream.
- Heat to boiling, stirring constantly. Boil over medium-high heat about 1 minute, stirring frequently, until slightly thickened.
- In small bowl, mix cream cheese, feta cheese, 2 tablespoons onion and the Worcestershire sauce with fork until well blended. Stir in ham and chives. Fill each shell with about 3 tablespoons of the cheese mixture, using small spoon.
- Pour half of sauce unto ungreased 8-inch square (2-quart) glass baking dish. Arrange filled shells in dish. Spoon remaining sauce over shells. Cover and bake about 20 minutes or until hot and bubbly.

Nutrition Facts



PROTEIN 9.98% FAT 80.15% CARBS 9.87%

Properties

Glycemic Index:152, Glycemic Load:2.9, Inflammation Score:-8, Nutrition Score:15.768695748371%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 561.15kcal (28.06%), Fat: 48.63g (74.82%), Saturated Fat: 27.13g (169.59%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 12.2g (4.43%), Sugar: 6.3g (7%), Cholesterol: 143.19mg (47.73%), Sodium: 841.38mg (36.58%), Alcohol: 4.12g (100%), Alcohol %: 1.8% (100%), Protein: 13.62g (27.25%), Vitamin B2: 0.77mg (45.08%), Vitamin A: 1872.42IU (37.45%), Phosphorus: 293.49mg (29.35%), Selenium: 20.52µg (29.32%), Calcium: 229.69mg (22.97%), Vitamin B5: 1.91mg (19.12%), Vitamin B3: 3.54mg (17.69%), Vitamin B6: 0.35mg (17.56%), Copper: 0.3mg (14.86%), Vitamin B1: 0.22mg (14.4%), Vitamin B12: 0.85µg (14.24%), Potassium: 492.93mg (14.08%), Zinc: 1.93mg (12.89%), Vitamin C: 9.6mg (11.64%), Manganese: 0.23mg (11.58%), Folate: 33.8µg (8.45%), Vitamin E: 1.2mg (8.02%), Vitamin D: 1.2µg (7.97%), Magnesium: 31.61mg (7.9%), Vitamin K: 7.17µg (6.83%), Iron: 1.1mg (6.14%), Fiber: 1.28g (5.14%)