



Shiitake Mushroom and Spinach Manicotti

READY IN



45 min.

SERVINGS



6

CALORIES



693 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter divided
- ☐ 0.3 cup butter
- ☐ 3 tablespoons butter melted
- ☐ 1 large eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 4 ounces gouda cheese shredded
- ☐ 2 cups half-and-half
- ☐ 2 slices grain sandwich bread with branola

- ☐ 3 ounces parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 cup ricotta cheese
- ☐ 0.5 teaspoon salt
- ☐ 12 cannelloni shells
- ☐ 8 ounces shiitake fresh sliced
- ☐ 6 ounces mexican four-cheese blend shredded
- ☐ 10 ounce pkt spinach fresh

Equipment

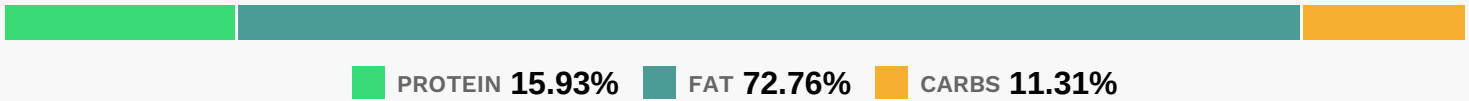
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan

Directions

- ☐ Cook shells according to package directions; drain.
- ☐ Meanwhile, melt 3 tablespoons butter in a large skillet; add mushrooms and garlic, and saut until mushroom liquid is absorbed.
- ☐ Transfer mushroom mixture to a large bowl.
- ☐ Melt remaining 1 tablespoon butter in skillet.
- ☐ Add spinach; cover and cook over medium-low heat 5 minutes or until spinach wilts.
- ☐ Add spinach to mushroom mixture. Stir in ricotta cheese and next 4 ingredients. Spoon spinach mixture evenly into shells.
- ☐ Place stuffed shells in a greased 13" x 9" baking dish.

- ☐ Melt 1/3 cup butter in a heavy saucepan over low heat; whisk in flour until smooth. Cook 1 minute, whisking constantly. Gradually whisk in half-and half; cook over medium heat, whisking constantly, until mixture is thickened and bubbly. Stir in 1/2 teaspoon salt.
- ☐ Add Gouda cheese, stirring until cheese melts.
- ☐ Pour over stuffed shells.
- ☐ Process bread in a blender or food processor until it resembles coarse crumbs.
- ☐ Spread crumbs in a small pan; bake at 350 for 3 to 4 minutes or until toasted.
- ☐ Combine toasted crumbs, cheese blend, and 3 tablespoons melted butter in a bowl; toss well, and sprinkle over shells.
- ☐ Bake, uncovered, at 350 for 45 minutes or until bubbly.
- ☐ Note: If desired, cover and chill manicotti at least 8 hours before baking.
- ☐ Remove from refrigerator, and let stand at room temperature 30 minutes.
- ☐ Bake as directed.

Nutrition Facts



Properties

Glycemic Index:61.12, Glycemic Load:5.7, Inflammation Score:-10, Nutrition Score:30.343478140624%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 692.82kcal (34.64%), Fat: 56.83g (87.43%), Saturated Fat: 24.67g (154.18%), Carbohydrates: 19.86g (6.62%), Net Carbohydrates: 17.12g (6.23%), Sugar: 5.83g (6.48%), Cholesterol: 141.12mg (47.04%), Sodium: 1221.71mg (53.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28g (56%), Vitamin K: 232.15µg (221.1%), Vitamin A: 6401.99IU (128.04%), Calcium: 695.9mg (69.59%), Phosphorus: 575.9mg (57.59%), Selenium: 30.38µg (43.41%), Vitamin B2: 0.69mg (40.58%), Manganese: 0.81mg (40.49%), Folate: 125.58µg (31.4%), Zinc: 3.97mg (26.46%), Magnesium: 86.24mg (21.56%), Vitamin B12: 1.23µg (20.47%), Potassium: 661.93mg (18.91%), Vitamin B6: 0.36mg (17.93%), Vitamin C: 14.37mg (17.42%), Vitamin E: 2.44mg (16.27%), Iron: 2.47mg (13.73%), Vitamin B5: 1.34mg (13.44%), Vitamin B3: 2.61mg (13.05%), Fiber: 2.74g (10.96%), Vitamin B1: 0.15mg (10.3%), Copper: 0.19mg (9.62%), Vitamin D: 0.71µg (4.72%)