



Spinach and Cheese Cannelloni

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 oz baby spinach
- ☐ 0.3 teaspoon pepper black
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 0.5 cup parsley fresh chopped
- ☐ 12 oz ricotta cheese fresh
- ☐ 2 garlic clove finely chopped
- ☐ 1 pinch nutmeg freshly grated
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

- ☐ 1 small onion chopped
- ☐ 3/2 inch lasagne pasta sheets fresh (sometimes labeled "no-boil")
- ☐ 0.5 cup pecorino cheese finely grated
- ☐ 3 oz pancetta thinly sliced chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons butter unsalted
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Melt butter in a 1 1/2- to 2-quart heavy saucepan over moderately low heat.
- ☐ Whisk in flour and cook roux, whisking, 2 minutes.
- ☐ Add milk in a stream, whisking, and bring to a boil over high heat, whisking constantly (sauce will thicken). Reduce heat and simmer, whisking occasionally, 2 minutes, then whisk in salt, pepper, and nutmeg.

- ☐ Remove from heat and whisk in cheese, then cover pan.
- ☐ Heat oil in a 5- to 6-quart heavy pot over moderately high heat until hot but not smoking, then sauté onion and garlic, stirring occasionally, until lightly browned, about 5 minutes.
- ☐ Add spinach and sauté, stirring, until just wilted, about 3 minutes.
- ☐ Remove from heat and cool completely.
- ☐ Stir together ricotta, egg, parsley, prosciutto (if using), salt, pepper, and 1/3 cup cheese in a bowl, then stir in spinach mixture.
- ☐ Boil pasta 2 pieces at a time in a 6- to 8-quart pot of boiling salted water, stirring to separate, until just tender, about 2 minutes for fresh pasta or about 6 minutes for oven-ready noodles. Gently transfer with a slotted spoon to a large bowl of cold water to stop cooking, then remove from bowl, shaking off water, and lay flat on kitchen towels (not terry cloth). Pat dry with paper towels. Trim oven-ready noodles (if using) as closely as possible to 6 1/4- by 5 1/2-inch rectangles.
- ☐ Preheat oven to 425°F.
- ☐ Spread 2/3 cup sauce in buttered baking dish.
- ☐ Spread about 1/3 cup ricotta filling in a line along 1 short side of 1 pasta rectangle, then roll up to enclose filling.
- ☐ Transfer, seam side down, to baking dish. Make 7 more cannelloni in same manner, arranging snugly in 1 layer.
- ☐ Spread 1/2 cup more sauce over cannelloni and sprinkle with remaining cheese.
- ☐ Bake, covered with foil, in middle of oven until sauce is bubbling, about 20 minutes.
- ☐ Turn on broiler.
- ☐ Remove foil and broil cannelloni about 5 inches from heat until lightly browned, 2 to 4 minutes.
- ☐ Let stand 5 minutes before serving. Reheat remaining sauce and serve on the side.
- ☐ • Cannelloni can be assembled (but not baked) 1 day ahead and chilled, covered with plastic wrap.
- ☐ Let stand at room temperature 15 minutes before baking. Remaining sauce will need to be thinned slightly.

Nutrition Facts



 PROTEIN **17.43%**  FAT **62.32%**  CARBS **20.25%**

Properties

Glycemic Index:54, Glycemic Load:5.8, Inflammation Score:-10, Nutrition Score:20.15869555266%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 311.02kcal (15.55%), Fat: 21.74g (33.45%), Saturated Fat: 9.51g (59.43%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 14.43g (5.25%), Sugar: 3.99g (4.43%), Cholesterol: 71.42mg (23.81%), Sodium: 317.46mg (13.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.36%), Vitamin K: 236.98µg (225.69%), Vitamin A: 4056.8IU (81.14%), Selenium: 19.72µg (28.18%), Calcium: 280.79mg (28.08%), Phosphorus: 248.92mg (24.89%), Manganese: 0.47mg (23.58%), Folate: 89.2µg (22.3%), Vitamin C: 15.83mg (19.19%), Vitamin B2: 0.32mg (18.55%), Magnesium: 53.6mg (13.4%), Potassium: 431.62mg (12.33%), Vitamin E: 1.78mg (11.88%), Vitamin B12: 0.66µg (10.95%), Vitamin B6: 0.21mg (10.37%), Iron: 1.82mg (10.14%), Zinc: 1.52mg (10.14%), Vitamin B1: 0.13mg (8.74%), Vitamin D: 0.99µg (6.63%), Vitamin B5: 0.61mg (6.06%), Fiber: 1.47g (5.89%), Vitamin B3: 1.13mg (5.63%), Copper: 0.11mg (5.58%)