



## Three Meat Cannelloni Bake

READY IN



100 min.

SERVINGS



6

CALORIES



851 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 bay leaf
- 1 cup beef broth
- 2 tablespoons butter
- 0.3 cup carrots minced
- 0.5 cup celery minced
- 2 egg yolks
- 2 tablespoons flour all-purpose
- 1 pound sheets soup noodles fresh
- 2 teaspoons rosemary fresh chopped

- 2 cloves garlic minced
- 6 servings ground pepper black to taste
- 12 ounces ground pork
- 12 ounces ground veal
- 0.5 cup heavy whipping cream
- 1 teaspoon penzey's southwest seasoning italian
- 12 ounces ground beef lean
- 1 cup milk
- 0.3 teaspoon nutmeg freshly ground
- 2 tablespoons olive oil
- 1 cup onion minced
- 0.8 cup parmesan cheese grated
- 0.3 cup parsley chopped
- 6 servings salt to taste
- 4 cups tomato sauce
- 0.5 cup white wine

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- ladle
- oven
- whisk
- pot
- broiler

## Directions

- Heat the olive oil in a deep skillet.
- Add onion, celery, and carrot, and cook over moderate heat until softened.
- Add the garlic, and cook 1 minute.
- Add veal, pork, and beef. Cook, stirring occasionally, until meat is no longer pink.
- Add wine, and reduce for 1 minute. Stir in broth.
- Add herbs, bay leaf, and salt and pepper. Bring the mixture to a boil. Reduce heat, cover, and simmer for 15 minutes. Uncover, and reduce until almost dry. Discard bay leaf. Set aside to cool.
- Meanwhile, melt the butter or margarine in a saucepan set over moderately low heat.
- Whisk in flour for approximately 2 minutes.
- Whisk in milk, grated nutmeg, and salt and pepper. Simmer, stirring occasionally, for 5 minutes or until thickened. Stir in parsley and 1/2 cup Parmesan cheese.
- Transfer the cooled meat mixture to a large bowl.
- Mix in egg yolks.
- Mix in the cheese and parsley sauce. Set aside.
- Combine the tomato sauce and cream, set aside.
- Cut the pasta sheets crosswise into 5 inch lengths. In a pot of boiling salted water, cook the noodles a few at a time until al dente. This should take only a minute or two with fresh pasta.
- Transfer to a bowl of cold water.
- Spread the noodles in one layer on paper towels to drain.
- Spoon 1/4 cup of the filling down the center of one noodle, and roll the noodle to enclose the filling.
- Transfer the cannelloni, seam side down, to a well buttered gratin dish. Repeat with the remaining noodles and filling, arranging in single layer. Ladle the tomato sauce over the cannelloni, and sprinkle with the remaining Parmesan cheese.
- Bake at 400 degrees F (205 degrees C) for 10 minutes, or until bubbling. Run under the broiler about 4 inches from the heat for 2 minutes, or until golden.

## Nutrition Facts



## Properties

Glycemic Index:82.97, Glycemic Load:5.95, Inflammation Score:-10, Nutrition Score:41.670869371165%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

## Nutrients (% of daily need)

Calories: 850.98kcal (42.55%), Fat: 43.17g (66.41%), Saturated Fat: 18.6g (116.28%), Carbohydrates: 60.99g (20.33%), Net Carbohydrates: 57.39g (20.87%), Sugar: 10.24g (11.38%), Cholesterol: 290.66mg (96.89%), Sodium: 1540.11mg (66.96%), Alcohol: 2.06g (100%), Alcohol %: 0.43% (100%), Protein: 51.11g (102.23%), Vitamin B1: 1.14mg (76.13%), Vitamin B3: 14.71mg (73.57%), Phosphorus: 677.85mg (67.79%), Vitamin B2: 1.03mg (60.65%), Vitamin A: 2860.73IU (57.21%), Selenium: 40.02µg (57.18%), Zinc: 8.21mg (54.76%), Vitamin B12: 3.23µg (53.9%), Vitamin K: 55.74µg (53.09%), Vitamin B6: 1.05mg (52.37%), Folate: 191.03µg (47.76%), Iron: 7.34mg (40.76%), Potassium: 1414.56mg (40.42%), Manganese: 0.78mg (39.18%), Magnesium: 117.74mg (29.44%), Vitamin B5: 2.94mg (29.44%), Vitamin E: 4.02mg (26.78%), Copper: 0.54mg (26.78%), Calcium: 266.23mg (26.62%), Vitamin C: 18.27mg (22.14%), Fiber: 3.6g (14.41%), Vitamin D: 1.21µg (8.05%)