



Veal, Chicken and Beef Canelloni

READY IN



75 min.

SERVINGS



8

CALORIES



390 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 2 eggs
- 2 tablespoons flour all-purpose
- 1 tablespoon parsley fresh minced
- 0.5 pound ground beef
- 0.3 pound ground chicken
- 0.1 teaspoon nutmeg
- 0.1 teaspoon pepper black
- 0.3 pound ground veal

- 1 cup milk
- 0.3 cup parmesan cheese grated
- 32 ounce pasta sauce
- 0.3 teaspoon salt
- 16 ounce mozzarella cheese shredded

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- To Make Crepes: In a medium bowl beat eggs thoroughly, then add milk and butter. Beat in flour and salt until smooth. (Note: Batter is best if left to set for 1/2 hour before using). Brown crepes in a medium hot skillet, making them 6 to 8 inches in circumference. Set aside.
- To Make Meat Filling: Brown veal, chicken and beef in butter in a large skillet over medium high heat. Stir in the parsley, cheese, salt, pepper and nutmeg.
- Let cool.
- Preheat oven to 375 degrees F (190 degrees C).
- To Make White Sauce: In a small saucepan over medium heat, cook flour and butter together for 1 minute. Stir in salt, pepper and nutmeg, then stir in milk and continue to cook until thick.
- Spread 1/2 of the pasta sauce in the bottom of a 9x13 inch baking dish. Spoon meat mixture into prepared crepes, folding over all sides of crepe to form palm-sized bundles.
- Place filled crepes, seam side down, in baking dish. Cover with remaining pasta sauce and pour White Sauce over all. Cover with mozzarella cheese and top with Parmesan cheese.
- Bake in the preheated oven for 20 to 30 minutes, or until cheese is bubbly and brown around the edges.
- Serve hot.

Nutrition Facts

PROTEIN 28.13% FAT 60.99% CARBS 10.88%

Properties

Glycemic Index:46.13, Glycemic Load:3.87, Inflammation Score:-7, Nutrition Score:17.928260927615%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 389.53kcal (19.48%), Fat: 26.56g (40.86%), Saturated Fat: 13.61g (85.05%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 8.88g (3.23%), Sugar: 6.15g (6.83%), Cholesterol: 143.56mg (47.85%), Sodium: 1109.53mg (48.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.57g (55.14%), Vitamin B12: 2.48µg (41.32%), Phosphorus: 405.8mg (40.58%), Calcium: 383.64mg (38.36%), Selenium: 22.89µg (32.7%), Zinc: 4.16mg (27.72%), Vitamin B2: 0.46mg (27.22%), Vitamin A: 1139.93IU (22.8%), Vitamin B3: 4.4mg (21.98%), Vitamin B6: 0.4mg (19.79%), Potassium: 647.91mg (18.51%), Vitamin E: 2.17mg (14.43%), Iron: 2.45mg (13.62%), Vitamin K: 13.78µg (13.13%), Vitamin B5: 1.22mg (12.2%), Magnesium: 46.47mg (11.62%), Vitamin C: 8.6mg (10.43%), Copper: 0.19mg (9.62%), Manganese: 0.17mg (8.65%), Vitamin B1: 0.12mg (8.07%), Fiber: 1.78g (7.13%), Folate: 27.83µg (6.96%), Vitamin D: 0.83µg (5.51%)