



Veal or Turkey and Spinach Manicotti

READY IN



115 min.

SERVINGS



6

CALORIES



843 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 5 ounce cheese such as boursin with herbs, soft
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons evoo
- ☐ 3 tablespoons flour
- ☐ 4 cloves garlic minced finely chopped
- ☐ 2 pounds ground turkey breast
- ☐ 2 cups milk
- ☐ 6 servings nutmeg

- ☐ 1 medium onion very finely chopped
- ☐ 1 cup parmigiano-reggiano shredded
- ☐ 1 box manicotti pasta tubes
- ☐ 6 servings salt and pepper
- ☐ 1 package pkt spinach organic chopped
- ☐ 4 cups tomato purée italian canned (tomato puree in glass jars)

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish
- ☐ aluminum foil
- ☐ microwave

Directions

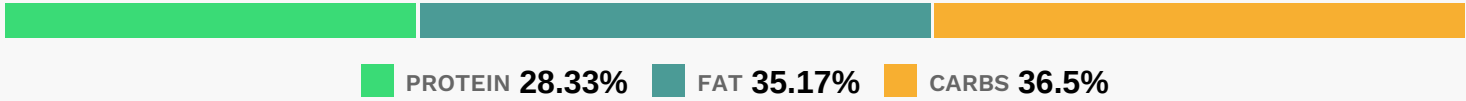
- ☐ Defrost the spinach in the microwave, wring dry and separate.
- ☐ Heat the EVOO in a pan over medium-high heat. Pat the meat dry, and then add to the pan and lightly brown while you crumble.
- ☐ Sprinkle with salt and pepper.
- ☐ Add the onions and garlic and cook 10 minutes more, stirring occasionally. Deglaze the pan with the wine, stir and add 2 cups tomato puree. Stir, reduce heat to a low simmer and simmer 15 to 20 minutes.
- ☐ Pour the remaining 2 cups tomato puree into a casserole.
- ☐ Melt the butter in saucepot over medium to medium-high heat.
- ☐ Whisk in the flour for 1 minute. Then add the milk, bring to a bubble, season with salt, pepper and nutmeg, and cook until it's thick enough to coat a spoon. Stir in the soft cheese.
- ☐ Working over the casserole dish, fill the manicotti with the meat using a spoon. Top the manicotti with the white sauce and Parmesan. Cover with parchment and foil and cool or

bake off.

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Bake, covered, at 375 degrees F for 40 minutes from fresh, or bake 1 hour from cold to heat through and cook the pasta. Then uncover and bake until brown and bubbly, about 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:29.4, Inflammation Score:-10, Nutrition Score:47.311304548512%

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: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg, Kaempferol: 3.29mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 842.72kcal (42.14%), Fat: 32.64g (50.22%), Saturated Fat: 16.01g (100.08%), Carbohydrates: 76.24g (25.41%), Net Carbohydrates: 70.04g (25.47%), Sugar: 12.86g (14.29%), Cholesterol: 148.18mg (49.39%), Sodium: 755.34mg (32.84%), Alcohol: 2.06g (100%), Alcohol %: 0.43% (100%), Protein: 59.16g (118.33%), Vitamin K: 245.84µg (234.13%), Vitamin A: 6605.13IU (132.1%), Selenium: 90.41µg (129.15%), Vitamin B3: 17.69mg (88.47%), Vitamin B6: 1.76mg (88.03%), Phosphorus: 791.63mg (79.16%), Manganese: 1.48mg (73.75%), Vitamin C: 36.95mg (44.79%), Potassium: 1482.06mg (42.34%), Calcium: 419.49mg (41.95%), Magnesium: 166.57mg (41.64%), Folate: 156.78µg (39.19%), Zinc: 5.3mg (35.36%), Vitamin B2: 0.58mg (34%), Copper: 0.51mg (25.47%), Fiber: 6.2g (24.82%), Vitamin B12: 1.48µg (24.64%), Iron: 4.4mg (24.45%), Vitamin B1: 0.36mg (24.28%), Vitamin B5: 2.41mg (24.09%), Vitamin E: 3.18mg (21.18%), Vitamin D: 1.58µg (10.55%)