



Wild-Mushroom Cannelloni with Basil Alfredo Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce alfredo sauce light
- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup spring onion sliced
- ☐ 1 teaspoon butter
- ☐ 1 pound mushrooms wild assorted coarsely chopped

- ☐ 2 tablespoons parmesan cheese grated
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 0.5 pound plum tomatoes diced
- ☐ 1 cup roasted peppers red chopped
- ☐ 1 tablespoon shallots minced
- ☐ 12 shells uncooked
- ☐ 1 teaspoon thyme dried fresh chopped
- ☐ 1 teaspoon frangelico dried fresh chopped
- ☐ 1 teaspoon frangelico dried fresh chopped

Equipment

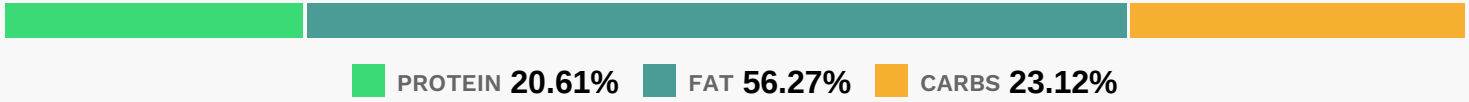
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain and rinse under cold water.
- ☐ Drain well; set aside.
- ☐ Melt margarine in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add shallots and garlic; saute 1 minute.
- ☐ Add mushrooms, and cook 5 minutes or until liquid almost evaporates.
- ☐ Add green onions, bell peppers, and vinegar; saute 2 minutes.
- ☐ Remove mushroom mixture from heat, and stir in chopped parsley, oregano, and thyme. Cool. Stir in mozzarella cheese.
- ☐ Spoon about 1/3 cup mushroom mixture into each cannelloni shell. Arrange stuffed shells in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine Alfredo sauce and basil, and pour over stuffed cannelloni. Cover with foil; chill.

- ☐ To serve, let cannelloni stand 30 minutes at room temperature.
- ☐ Preheat oven to 32
- ☐ Bake, covered, at 325 for 20 minutes or until thoroughly heated.
- ☐ Sprinkle tomato and Parmesan cheese over shells, and garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:59.33, Glycemic Load:2.38, Inflammation Score:-7, Nutrition Score:14.533478114916%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 194.42kcal (9.72%), Fat: 12.4g (19.07%), Saturated Fat: 6.26g (39.13%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 9.27g (3.37%), Sugar: 4.86g (5.4%), Cholesterol: 44.54mg (14.85%), Sodium: 802.22mg (34.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.43%), Vitamin K: 76.26µg (72.63%), Vitamin C: 23.9mg (28.97%), Vitamin B2: 0.4mg (23.53%), Calcium: 200.87mg (20.09%), Phosphorus: 191.61mg (19.16%), Vitamin A: 947.59IU (18.95%), Selenium: 11.87µg (16.96%), Copper: 0.33mg (16.47%), Vitamin B3: 3.27mg (16.36%), Potassium: 461.76mg (13.19%), Vitamin B5: 1.23mg (12.34%), Manganese: 0.21mg (10.42%), Folate: 39.62µg (9.91%), Vitamin B6: 0.19mg (9.69%), Fiber: 2.19g (8.76%), Zinc: 1.24mg (8.27%), Iron: 1.41mg (7.81%), Vitamin B1: 0.1mg (6.72%), Magnesium: 25.79mg (6.45%), Vitamin B12: 0.21µg (3.48%), Vitamin E: 0.4mg (2.67%), Vitamin D: 0.22µg (1.44%)