

# Spinach Mushroom Cannelloni

Yield: 13 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/cannelloni-florentine-recipes>

## Ingredients:

- 2 tablespoons olive oil
- 1 onion small, chopped
- 1 garlic clove minced
- 3 cups fresh spinach
- 2 cups sliced mushrooms
- 1 1/2 cups ricotta cheese
- 1/2 cup shredded mozzarella cheese
- 1/4 cup shredded Parmesan cheese
- 1 large egg beaten
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 1 tablespoon olive oil
- 1/2 onion small, chopped
- 2 garlic cloves minced
- 1 dash crushed red pepper
- 1 teaspoon fennel seeds
- 3 cans diced tomatoes 15 ounce
- 1 tablespoon tomato paste
- 3 tablespoons fresh basil chopped
- salt
- pepper to taste
- 1 box lasagna noodles No-Boil, we use Barilla No-Boil Homemade Flat Lasagna Noodles
- 1 1/2 cups shredded mozzarella cheese

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 6 grams

3. Cholesterol: 45 milligrams
  4. Fat: 11 grams
  5. Fiber: 1 grams
  6. Protein: 9 grams
  7. SaturatedFat: 5 grams
  8. Sodium: 330 milligrams
  9. Sugar: 2 grams
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