

Authentic Italian Manicotti

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pizza-gravy-recipe>

Ingredients:

- 1 cup whole milk
- 4 large eggs
- 1 cup all purpose flour
- 1/4 teaspoon kosher salt
- unsalted butter for greasing the pan
- 15 ounces whole milk ricotta cheese
- 1 cup mozzarella cheese shredded whole milk
- 1/2 cup grated Parmesan cheese
- 2 tablespoons chopped fresh parsley
- 1 large egg
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 3 cups gravy old school italian, or marinara sauce
- 1/4 cup grated Pecorino Romano cheese

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 245 milligrams
4. Fat: 26 grams
5. Fiber: 1 grams
6. Protein: 29 grams
7. SaturatedFat: 14 grams
8. Sodium: 1330 milligrams
9. Sugar: 3 grams

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