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## Savory Manicotti Pancakes ♦♦

Savory Manicotti Pancakes are a delicious twist on the classic Italian dish. These pancakes are filled with a savory ricotta and spinach mixture, then topped with a rich marinara sauce and melted mozzarella cheese. They are perfect for breakfast, brunch, or even dinner!

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>200 g</b>	All-Purpose Flour
<b>2 pieces</b>	Eggs
<b>250 ml</b>	Milk
<b>1 tsp</b>	Salt

250 g	Ricotta cheese
200 g	spinach
2 cloves	garlic
400 g	marinara sauce
200 g	mozzarella cheese

## Directions

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### Step 1

#### Mixing

In a large bowl, whisk together the flour, eggs, milk, and salt until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Frying

Heat a non-stick skillet over medium heat. Pour 1/4 cup of the pancake batter onto the skillet and spread it into a thin circle. Cook for 2-3 minutes, or until the edges start to brown. Flip the pancake and cook for an additional 2 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

#### Mixing

In a separate bowl, mix together the ricotta cheese, spinach, and minced garlic. Season with salt and pepper to taste.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

#### Preparation

Place a spoonful of the ricotta and spinach mixture onto one half of the pancake. Fold the pancake in half to enclose the filling. Repeat with the remaining pancakes and filling.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

#### Baking

In a baking dish, spread a thin layer of marinara sauce. Place the filled pancakes on top of the sauce. Pour the remaining marinara sauce over the pancakes and sprinkle with mozzarella cheese.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 6

Oven

Bake in a preheated oven at 180°C for 10 minutes, or until the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

## Step 7

Serving

Serve the savory manicotti pancakes hot with extra marinara sauce on the side.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 15 g

**Carbohydrates:** 20 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	10 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	5 mg	384.62%	384.62%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Cuisines

Italian

## Kitchen Tools

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Course

Snacks

Appetizers

Main Dishes

Side Dishes

Desserts

Salads

Soups

Sauces & Dressings

## Diet

Anti-Inflammatory Diet

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

## Meal Type

Brunch

Snack

Lunch

## Difficulty Level

Medium

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