



30-Minute Chicken Manicotti Skillet

READY IN



30 min.

SERVINGS



30

CALORIES



38 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 2 cups meat from a rotisserie chicken cooked chopped
- 0.3 tsp basil leaves dried
- 1 cup italian* five cheese shredded with a touch of philadelphia, divided kraft
- 1.5 cups classico family favorites pasta sauce traditional
- 8 manicotti shells uncooked
- 0.3 cup tuscan house dressing italian kraft
- 0.5 cup water

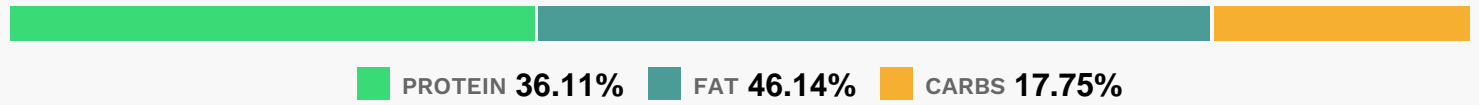
Equipment

- frying pan

Directions

- Mix pasta sauce, tomatoes and water until blended.
- Combine 3/4 cup of the sauce with chicken, dressing, basil and 1/2 cup cheese; spoon into manicotti shells.
- Place in nonstick skillet; top with remaining sauce. Turn to evenly coat manicotti with sauce. Bring to boil; cover. Simmer on medium heat 15 min. or until manicotti is tender, turning after 8 min.
- Remove from heat.
- Sprinkle with remaining cheese; let stand 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:2.9, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:1.7669565159342%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 38.48kcal (1.92%), Fat: 2.02g (3.11%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.97g (1.08%), Cholesterol: 7.75mg (2.58%), Sodium: 110.75mg (4.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.13%), Vitamin B3: 0.96mg (4.79%), Selenium: 2.59µg (3.7%), Vitamin B6: 0.07mg (3.34%), Vitamin C: 2.1mg (2.54%), Phosphorus: 24.57mg (2.46%), Potassium: 85.17mg (2.43%), Iron: 0.38mg (2.1%), Vitamin E: 0.31mg (2.07%), Vitamin K: 2.02µg (1.93%), Vitamin B2: 0.03mg (1.72%), Copper: 0.03mg (1.53%), Calcium: 15.09mg (1.51%), Vitamin A: 73.14IU (1.46%), Manganese: 0.03mg (1.45%), Vitamin B5: 0.15mg (1.45%), Magnesium: 5.61mg (1.4%), Fiber: 0.33g (1.32%), Zinc: 0.19mg (1.29%), Vitamin B1: 0.02mg (1.02%)