



Chicken-and-Spinach Manicotti

READY IN



45 min.

SERVINGS



6

CALORIES



393 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon pepper black
- ☐ 3 cups chicken stock see
- ☐ 2.5 cups meat from a rotisserie chicken cooked finely chopped
- ☐ 12 manicotti shells cooked
- ☐ 0.5 teaspoon basil dried
- ☐ 2 large egg whites
- ☐ 0.5 cup flour all-purpose
- ☐ 1 large garlic clove minced

- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup milk 2% reduced-fat
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion finely chopped
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 pound ham smoked finely chopped
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup

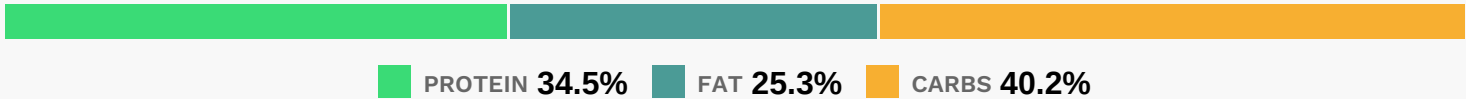
Directions

- ☐ Preheat oven to 37
- ☐ To prepare filling, heat oil in a medium nonstick skillet over medium heat.
- ☐ Add onion; saut 5 minutes.
- ☐ Add garlic; saut 30 seconds.
- ☐ Combine onion mixture, chicken, and next 7 ingredients (chicken through spinach) in a medium bowl.
- ☐ To prepare sauce, combine Chicken Stock and the next 4 ingredients (stock through ground red pepper) in a medium saucepan; bring to a boil. Lightly spoon flour into a dry measuring

cup; level with a knife.

- ☐ Place flour in a small bowl; gradually add milk, stirring with a whisk until blended.
- ☐ Add to pan; bring to a boil. Cook 2 minutes or until thick, stirring constantly with a whisk. Stir 1 cup sauce into chicken mixture in bowl.
- ☐ Add 1/2 cup cheese to sauce in pan, stirring well until mixture is smooth.
- ☐ Spoon chicken mixture into cooked manicotti (about 1/3 cup per manicotti). Arrange stuffed manicotti in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Pour cheese sauce over manicotti.
- ☐ Bake at 375 for 45 minutes or until browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:15.48, Inflammation Score:-10, Nutrition Score:27.909130410008%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 392.66kcal (19.63%), Fat: 10.92g (16.8%), Saturated Fat: 3.98g (24.9%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 35.69g (12.98%), Sugar: 5.91g (6.56%), Cholesterol: 65.99mg (22%), Sodium: 766.91mg (33.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.49g (66.99%), Vitamin K: 178.46µg (169.96%), Vitamin A: 5701.14IU (114.02%), Selenium: 45.78µg (65.4%), Vitamin B3: 7.72mg (38.61%), Phosphorus: 372.51mg (37.25%), Manganese: 0.7mg (34.87%), Vitamin B2: 0.52mg (30.57%), Folate: 109.48µg (27.37%), Calcium: 249mg (24.9%), Vitamin B6: 0.49mg (24.72%), Magnesium: 85.59mg (21.4%), Iron: 3.65mg (20.3%), Potassium: 640.52mg (18.3%), Zinc: 2.57mg (17.16%), Vitamin B1: 0.25mg (16.69%), Copper: 0.31mg (15.72%), Fiber: 3.35g (13.4%), Vitamin E: 1.61mg (10.72%), Vitamin B5: 0.97mg (9.71%), Vitamin B12: 0.5µg (8.35%), Vitamin C: 5.08mg (6.16%)