



## Chicken and Swiss Chard Manicotti Crêpes

READY IN



102 min.

SERVINGS



8

CALORIES



1208 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 6 ounce chicken breast refrigerated finely chopped grilled-flavored
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 5 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 ounces pancetta very thinly sliced cut in half crosswise (4 slices)

- ☐ 1 teaspoon olive oil
- ☐ 29 ounce olive oil   diced undrained canned
- ☐ 1.3 ounces parmesan   fresh divided grated
- ☐ 3 ounces part-skim mozzarella cheese   shredded
- ☐ 15 ounce part-skim ricotta
- ☐ 0.3 teaspoon salt
- ☐ 4   swiss chard
- ☐ 1.3 cups water

## Equipment

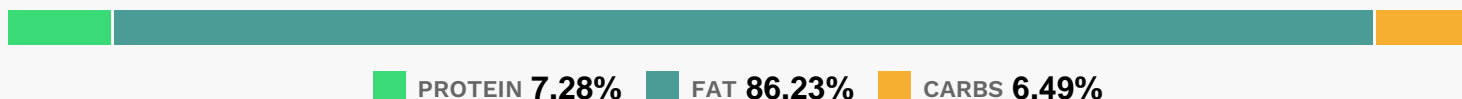
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ wax paper
- ☐ spatula
- ☐ measuring cup

## Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and salt in a medium bowl.
- ☐ Combine water and eggs in a bowl; stir well with a whisk.
- ☐ Add to flour mixture, stirring with a whisk until almost smooth.
- ☐ Let stand at room temperature 30 minutes.

- ☐ While crpe batter stands, heat oil in a large saucepan over medium-high heat.
- ☐ Add crushed red pepper and garlic; saut 1 minute.
- ☐ Add thyme and tomatoes; reduce heat, and simmer, uncovered, 5 minutes or until sauce is thick and reduced to 2 cups.
- ☐ Remove sauce from heat, and set aside.
- ☐ Steam Swiss chard leaves, covered, about 30 seconds or until leaves wilt.
- ☐ Drain and pat leaves dry with paper towels.
- ☐ Cut each leaf in half lengthwise; set aside.
- ☐ Combine 3 tablespoons Parmesan cheese, mozzarella cheese, and next 4 ingredients in a bowl; stir well, and set aside.
- ☐ Place a 10-inch crpe pan or nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Remove pan from heat.
- ☐ Pour 1/3 cup batter into pan; quickly tilt pan in all directions so batter covers pan with a thin film. Cook about 1 minute. Carefully lift edge of crpe with a spatula to test for doneness. The crpe is ready to turn when it can be shaken loose from the pan and the underside is lightly browned. Turn crpe over, and cook 15 to 30 seconds.
- ☐ Place crpe on a wire rack; cool. Repeat procedure until all of the batter is used, stirring the batter before making each crpe. Stack crpes between single layers of wax paper or paper towels to prevent sticking.
- ☐ Preheat oven to 35
- ☐ Spoon 1 1/2 cups tomato sauce in bottom of a 13 x 9-inch baking dish.
- ☐ Place half of a Swiss chard leaf on each of 8 crpes; top each with a half slice of prosciutto. Spoon about 1/3 cup ricotta mixture down center of each crpe. Fold over edges, and place, seam sides down, over tomato sauce in dish. Spoon remaining 1/2 cup tomato sauce evenly over crpes, and sprinkle with remaining Parmesan cheese.
- ☐ Bake at 350, uncovered, for 30 minutes or until sauce is bubbly.

## Nutrition Facts



## Properties

Glycemic Index:38.88, Glycemic Load:11.12, Inflammation Score:-9, Nutrition Score:24.500869439996%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 1208.39kcal (60.42%), Fat: 117.01g (180.01%), Saturated Fat: 20.82g (130.13%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 18.74g (6.82%), Sugar: 0.78g (0.87%), Cholesterol: 161.03mg (53.68%), Sodium: 452.73mg (19.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.23g (44.45%), Vitamin K: 262.28µg (249.79%), Vitamin E: 15.81mg (105.4%), Selenium: 36.25µg (51.78%), Vitamin A: 1988.88IU (39.78%), Phosphorus: 330.5mg (33.05%), Calcium: 325.19mg (32.52%), Vitamin B2: 0.44mg (25.85%), Vitamin B3: 3.87mg (19.33%), Iron: 3.04mg (16.91%), Folate: 63.32µg (15.83%), Vitamin B1: 0.23mg (15.05%), Vitamin B6: 0.3mg (14.96%), Manganese: 0.28mg (13.76%), Zinc: 2mg (13.34%), Magnesium: 48.54mg (12.13%), Vitamin B5: 1.12mg (11.15%), Vitamin C: 9.09mg (11.02%), Vitamin B12: 0.65µg (10.9%), Potassium: 338.04mg (9.66%), Copper: 0.14mg (6.95%), Vitamin D: 0.78µg (5.22%), Fiber: 1.08g (4.33%)