



Chicken Cannelloni with Roasted Red Bell Pepper Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



488 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings basil fresh chopped
- ☐ 16 ounce approx cream cheese spread
- ☐ 4 cups roasted chicken cooked finely chopped
- ☐ 10 ounce spinach frozen thawed drained chopped well
- ☐ 0.8 teaspoon garlic salt
- ☐ 0.5 cup seasoned bread crumbs
- ☐ 1 teaspoon pepper
- ☐ 8 servings roasted peppers red

- ☐ 8 ounce shells
- ☐ 8 ounces mozzarella cheese shredded

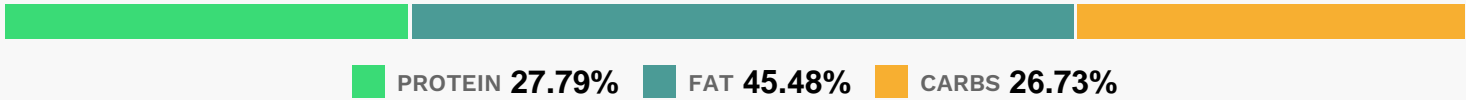
Equipment

- ☐ oven

Directions

- ☐ Cook pasta according to package directions; drain.
- ☐ Stir together chicken and next 6 ingredients.
- ☐ Cut pasta shells lengthwise through the other side. Spoon about 1/2 cup chicken mixture into each shell, gently pressing cut sides together.
- ☐ Place, cut sides down, in 2 lightly greased 11- x 7-inch baking dishes.
- ☐ Pour Roasted Red Bell Pepper Sauce evenly over shells.
- ☐ Bake, covered, at 350 for 25 to 30 minutes or until thoroughly heated.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:8.72, Inflammation Score:-10, Nutrition Score:25.01304344509%

Nutrients (% of daily need)

Calories: 488.01kcal (24.4%), Fat: 24.33g (37.43%), Saturated Fat: 13.1g (81.85%), Carbohydrates: 32.19g (10.73%), Net Carbohydrates: 29.78g (10.83%), Sugar: 3.47g (3.86%), Cholesterol: 110.12mg (36.71%), Sodium: 853.29mg (37.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.45g (66.89%), Vitamin K: 144.66µg (137.78%), Vitamin A: 5040.86IU (100.82%), Selenium: 43.96µg (62.8%), Vitamin B3: 6.7mg (33.48%), Manganese: 0.66mg (33.03%), Phosphorus: 320.69mg (32.07%), Calcium: 290.11mg (29.01%), Vitamin B6: 0.42mg (20.86%), Vitamin B2: 0.31mg (18.41%), Folate: 72.46µg (18.11%), Zinc: 2.62mg (17.46%), Magnesium: 67.25mg (16.81%), Vitamin B12: 0.88µg (14.59%), Iron: 2.48mg (13.76%), Vitamin B1: 0.18mg (12.27%), Potassium: 395.73mg (11.31%), Copper: 0.21mg (10.34%), Fiber: 2.41g (9.64%), Vitamin B5: 0.93mg (9.31%), Vitamin E: 1.15mg (7.67%), Vitamin C: 2.98mg (3.61%)