



 **68%**
HEALTH SCORE

Chicken, Cheese & Spinach Manicotti

 Very Healthy

READY IN



65 min.

SERVINGS



5

CALORIES



345 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups chicken breasts cooked finely chopped
- 16 oz knudsen milkfat cottage cheese 2% low fat
- 2 egg whites
- 0.3 cup basil fresh chopped
- 10 oz pkt spinach frozen thawed drained chopped well
- 2 cloves garlic minced
- 1.5 cups classico family favorites pasta sauce traditional
- 10 manicotti shells cooked

1 cup milk mozzarella cheese shredded 2% divided kraft

Equipment

bowl

oven

baking pan

Directions

Heat oven to 350F.

Combine chicken and garlic in large bowl.

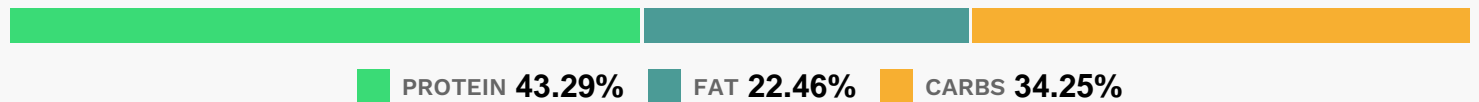
Add spinach, cottage cheese, egg whites and 1/4 cup mozzarella; spoon into manicotti shells.

Place in 13x9-inch baking dish sprayed with cooking spray; cover with pasta sauce.

Bake 25 to 30 min. or until heated through. Top with remaining mozzarella; bake 5 min. or until melted.

Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:44.1, Glycemic Load:10.53, Inflammation Score:-10, Nutrition Score:28.927826046944%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 345.32kcal (17.27%), Fat: 8.6g (13.24%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 29.51g (9.84%), Net Carbohydrates: 25.57g (9.3%), Sugar: 6.14g (6.83%), Cholesterol: 57.02mg (19.01%), Sodium: 951mg (41.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.31g (74.62%), Vitamin K: 218.71µg (208.3%), Vitamin A: 7227.63IU (144.55%), Selenium: 46.88µg (66.97%), Phosphorus: 385.67mg (38.57%), Manganese: 0.74mg (36.78%), Vitamin B3: 7.2mg (36.01%), Vitamin B2: 0.5mg (29.61%), Folate: 108.77µg (27.19%), Vitamin B6: 0.54mg (27.01%), Calcium: 267.81mg (26.78%), Magnesium: 88.65mg (22.16%), Vitamin B12: 1.24µg (20.6%), Vitamin E: 2.92mg (19.44%), Potassium: 673.11mg (19.23%), Iron: 3.33mg (18.48%), Fiber: 3.94g (15.77%), Zinc: 2.25mg (15.01%), Copper:

0.29mg (14.48%), Vitamin C: 8.85mg (10.73%), Vitamin B5: 1.02mg (10.16%), Vitamin B1: 0.14mg (9.48%)