



Creamy Chicken Manicotti

READY IN



45 min.

SERVINGS



8

CALORIES



315 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 6 ounce grilled and grilled chicken breast strips refrigerated fully cooked finely chopped tyson® ready®
- ☐ 0.5 cup ham cooked chopped
- ☐ 1 egg yolk
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.3 cup onion finely chopped
- ☐ 1.3 cups parmesan cheese grated

- ☐ 15 ounce ricotta cheese
- ☐ 0.3 teaspoon salt
- ☐ 8 manicotti shells dried
- ☐ 2 cups milk whole

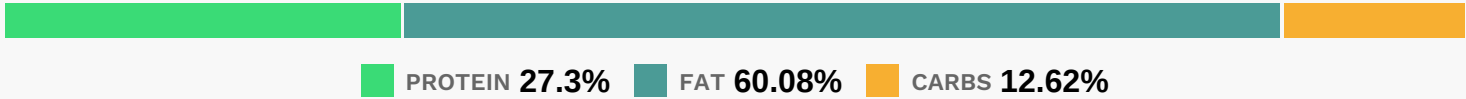
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F. Cook pasta according to package directions.
- ☐ Drain and rinse with cold water; drain and set aside.
- ☐ For sauce, in a medium saucepan cook onion in hot butter over medium heat for 4 minutes or until tender but not brown. Stir in flour and salt.
- ☐ Add milk all at once. Cook and stir until thickened and bubbly.
- ☐ Remove from heat; set aside.
- ☐ For filling, in a medium bowl combine Grilled & Ready® Grilled Chicken Breast Strips, ham, egg yolk, the 1/2 teaspoon nutmeg, 1 cup of the Parmesan cheese and the ricotta cheese.
- ☐ Pour about 1/2 cup of the sauce into a buttered 2-quart rectangular baking dish; spread in a thin layer over bottom of dish.
- ☐ Use a pastry tube fitted with the largest tip to pipe the filling into the cooked manicotti. (Or carefully spoon about 1/3 cup of the filling into each shell.) Arrange the filled manicotti in the baking dish in a single layer.
- ☐ Pour the remaining sauce over the manicotti.
- ☐ Sprinkle the remaining 1/4 cup Parmesan cheese over the sauce.
- ☐ Bake, uncovered, for 20 minutes or until manicotti are light golden and heated through.
- ☐ Let stand 5 to 10 minutes before serving. If desired, garnish with a sprinkling of ground nutmeg and parsley.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:3.5, Inflammation Score:-5, Nutrition Score:10.957825987235%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 315.19kcal (15.76%), Fat: 20.97g (32.26%), Saturated Fat: 12.2g (76.27%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 9.69g (3.52%), Sugar: 3.39g (3.76%), Cholesterol: 110.8mg (36.93%), Sodium: 558.27mg (24.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.88%), Selenium: 24.55µg (35.07%), Calcium: 333.46mg (33.35%), Phosphorus: 330.88mg (33.09%), Vitamin B2: 0.31mg (18.41%), Vitamin B3: 3.49mg (17.46%), Vitamin B12: 0.95µg (15.81%), Vitamin A: 684.93IU (13.7%), Zinc: 2.02mg (13.44%), Vitamin B6: 0.24mg (11.77%), Vitamin B1: 0.13mg (8.51%), Potassium: 267.49mg (7.64%), Vitamin B5: 0.76mg (7.56%), Magnesium: 28.42mg (7.1%), Vitamin D: 1µg (6.65%), Folate: 18.25µg (4.56%), Iron: 0.77mg (4.3%), Manganese: 0.07mg (3.28%), Vitamin E: 0.45mg (3.02%), Vitamin C: 2.02mg (2.45%), Copper: 0.05mg (2.42%), Vitamin K: 1.64µg (1.56%)