



Creamy Chipotle Manicotti

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup egg substitute
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 spring onion chopped
- ☐ 4 ounces monterrey jack cheese shredded with peppers
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 15 ounce part-skim ricotta
- ☐ 2 cups salsa divided
- ☐ 8 shells

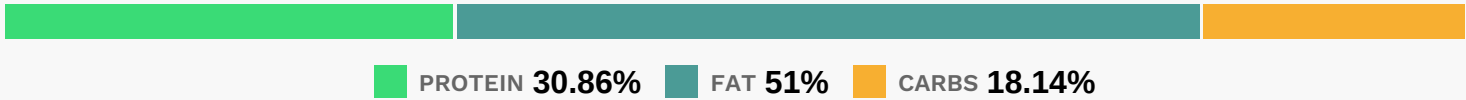
Equipment

- ☐ oven
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Cook pasta according to package directions, omitting salt and oil. Rinse with cold water; drain and set aside.
- ☐ Stir together ricotta cheese and next 4 ingredients.
- ☐ Coat an 11- x 7-inch baking dish with cooking spray, and pour 1/2 cup salsa in bottom of dish. Spoon cheese mixture evenly into shells, and arrange in dish.
- ☐ Pour remaining salsa over shells.
- ☐ Bake at 350 for 20 minutes.
- ☐ Sprinkle with Monterey Jack cheese.
- ☐ Bake 10 more minutes or until thoroughly heated and cheese melts.
- ☐ Let stand 10 minutes before serving.
- ☐ Note: For testing purposes only, we used D. L. Jardine's Holy Chipotle Salsa.
- ☐ * 1 or 2 canned chipotle peppers in adobo stirred into 2 cups regular mild salsa may be substituted for chipotle salsa. Canned Chipotle peppers may be found in the Mexico section of supermarket. Store remaining peppers in a zip-top plastic bag in refrigerator up to 2 weeks or in freezer up to 2 months.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:0.74, Inflammation Score:-8, Nutrition Score:18.732174023338%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 378.75kcal (18.94%), Fat: 21.8g (33.54%), Saturated Fat: 13.55g (84.72%), Carbohydrates: 17.45g (5.82%), Net Carbohydrates: 14.88g (5.41%), Sugar: 6.24g (6.93%), Cholesterol: 76.33mg (25.44%), Sodium: 1362.29mg (59.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.68g (59.36%), Calcium: 774.57mg (77.46%), Phosphorus: 510.17mg (51.02%), Selenium: 34.61µg (49.45%), Vitamin A: 1493.67IU (29.87%), Vitamin B2: 0.5mg (29.35%), Zinc: 3.52mg (23.45%), Vitamin K: 20.44µg (19.47%), Potassium: 569.08mg (16.26%), Vitamin B6: 0.32mg (15.95%), Vitamin B12: 0.83µg (13.78%), Vitamin E: 2.05mg (13.68%), Magnesium: 54.18mg (13.55%), Fiber: 2.57g (10.26%), Manganese: 0.19mg (9.66%), Iron: 1.7mg (9.42%), Vitamin B5: 0.87mg (8.65%), Vitamin B3: 1.68mg (8.42%), Folate: 33.4µg (8.35%), Copper: 0.15mg (7.57%), Vitamin B1: 0.1mg (6.69%), Vitamin C: 3.73mg (4.52%), Vitamin D: 0.6µg (4.01%)