



Maniladas with White Cheese and Roasted Tomatillo Sauces

READY IN



70 min.

SERVINGS



6

CALORIES



969 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 tablespoons cilantro leaves chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups fontina grated
- ☐ 2 cloves garlic minced
- ☐ 2 garlic cloves
- ☐ 2 cups heavy cream room temperature
- ☐ 1 jalapeño halved

- ☐ 0.3 teaspoon nutmeg grated
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion red quartered
- ☐ 4 roma tomatoes diced seeded
- ☐ 1 rotisserie chicken cut shredded
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 8 ounce manicotti shells
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 pound tomatillos quartered
- ☐ 1 vidalia onion chopped

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

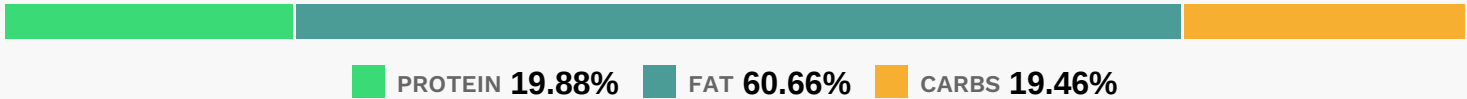
Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Boil manicotti in salted water for 8 minutes.
- ☐ Drain, reserving 1/2 cup of pasta water and set pasta aside.
- ☐ In a large skillet, heat oil over medium heat.
- ☐ Saute onion until translucent, about 3 minutes.
- ☐ Add garlic and saute 1 minute more.
- ☐ Remove pan from heat and mix in chicken, tomatoes, cilantro and sour cream. Set aside.
- ☐ Place tomatillos, onion, jalapeno and garlic in a baking dish. Toss with oil and season with salt and pepper. Roast until tomatillos turn golden around the edges and are soft, about 45

minutes.

- ☐ Remove from oven and blend ingredients together until smooth. Use reserved pasta water to thin sauce, if necessary. Season with salt and pepper, to taste.
- ☐ To make the cheese sauce: In a medium saucepan, melt butter over medium-high heat.
- ☐ Add flour and cook 2 minutes.
- ☐ Whisk in heavy cream and bring to a simmer.
- ☐ Add cheese and nutmeg and stir until melted. Season sauce with salt, to taste.
- ☐ To assemble: Reduce oven temperature to 350 degrees F. Stuff manicotti tubes with chicken mixture and assemble in a 9 by 12-inch baking dish.
- ☐ Pour cheese sauce over the top.
- ☐ Bake 30 minutes until cheese is bubbling.
- ☐ Drizzle tomatillo sauce on Maniladas before serving.

Nutrition Facts



Properties

Glycemic Index:80.83, Glycemic Load:14.65, Inflammation Score:-9, Nutrition Score:20.269565209098%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

Nutrients (% of daily need)

Calories: 969.18kcal (48.46%), Fat: 66.13g (101.74%), Saturated Fat: 35.3g (220.65%), Carbohydrates: 47.76g (15.92%), Net Carbohydrates: 43.55g (15.84%), Sugar: 12.44g (13.82%), Cholesterol: 263.05mg (87.68%), Sodium: 976.1mg (42.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.76g (97.52%), Selenium: 35.75µg (51.07%), Vitamin A: 2333.13IU (46.66%), Phosphorus: 353.7mg (35.37%), Calcium: 353.37mg (35.34%), Manganese: 0.66mg (33.09%), Vitamin C: 22.61mg (27.4%), Vitamin B2: 0.37mg (21.73%), Vitamin K: 19.71µg (18.77%), Zinc: 2.73mg (18.2%), Potassium: 627.01mg (17.91%), Fiber: 4.21g (16.83%), Vitamin B6: 0.33mg (16.6%), Vitamin E: 2.42mg

(16.11%), Magnesium: 62.32mg (15.58%), Vitamin B12: 0.92µg (15.3%), Vitamin B3: 2.79mg (13.94%), Copper: 0.27mg (13.49%), Folate: 49.4µg (12.35%), Vitamin B1: 0.18mg (11.85%), Vitamin D: 1.53µg (10.22%), Iron: 1.71mg (9.48%), Vitamin B5: 0.89mg (8.91%)