



Pesto-Chicken Manicotti

READY IN



75 min.

SERVINGS



7

CALORIES



478 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 oz alfredo sauce
- ☐ 1.5 cups water
- ☐ 1 teaspoon garlic powder
- ☐ 1.3 lb chicken breast uncooked (not breaded) (14 tenders)
- ☐ 1 teaspoon seasoning italian
- ☐ 8 oz shells uncooked
- ☐ 8 oz mozzarella cheese shredded
- ☐ 1 cup tomatoes chopped
- ☐ 0.3 cup basil pesto

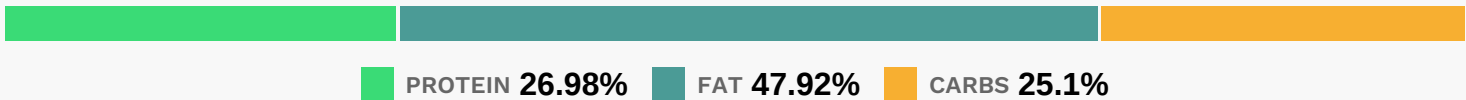
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. In medium bowl, mix pasta sauce, water and garlic powder. In ungreased 13x9-inch (3-quart) glass baking dish, spread about one-third (1 cup) of the pasta sauce mixture.
- ☐ In medium bowl, sprinkle chicken tenders with Italian seasoning. Stuff chicken into uncooked manicotti shells.
- ☐ Place shells on pasta sauce in baking dish.
- ☐ Pour remaining pasta sauce mixture evenly over shells, covering completely.
- ☐ Cover with foil.
- ☐ Bake 45 to 50 minutes or until shells are tender.
- ☐ Sprinkle with cheese.
- ☐ Bake uncovered 2 to 4 minutes longer or until cheese is melted.
- ☐ Sprinkle with tomato.
- ☐ Serve with pesto.

Nutrition Facts



Properties

Glycemic Index:16.71, Glycemic Load:10.15, Inflammation Score:-5, Nutrition Score:15.814782697222%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 478.09kcal (23.9%), Fat: 24.88g (38.28%), Saturated Fat: 10.89g (68.07%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 27.68g (10.07%), Sugar: 3.2g (3.55%), Cholesterol: 120.89mg (40.3%), Sodium: 848.91mg (36.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.53g (63.06%), Selenium: 52.02µg (74.31%), Vitamin B3: 9.18mg (45.88%), Phosphorus: 353.33mg (35.33%), Vitamin B6: 0.69mg (34.59%), Calcium: 202.04mg (20.2%), Manganese: 0.36mg (18.08%), Vitamin B12: 0.9µg (15.01%), Vitamin B5: 1.36mg (13.64%), Vitamin A: 663.57IU (13.27%), Potassium: 455.73mg (13.02%), Zinc: 1.93mg (12.9%), Magnesium: 48.66mg (12.17%), Vitamin B2: 0.2mg (11.66%), Copper: 0.14mg (7.19%), Vitamin B1: 0.1mg (6.73%), Fiber: 1.64g (6.56%), Iron: 1.12mg (6.22%), Vitamin C: 3.9mg (4.73%), Vitamin K: 4.4µg (4.19%), Folate: 15.41µg (3.85%), Vitamin E: 0.42mg (2.81%), Vitamin D: 0.21µg (1.4%)