



Roasted Vegetable and Chicken Manicotti

READY IN



95 min.

SERVINGS



6

CALORIES



426 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound asparagus cut into 2-inch pieces (3 cups)
- 1 medium bell pepper red cut into 12 pieces
- 1 medium onion cut into thin wedges
- 1 cup mushrooms halved
- 1 tablespoon vegetable oil
- 0.5 teaspoon lemon pepper
- 0.3 teaspoon salt
- 12 manicotti shells uncooked
- 1.8 ounces bearnaise sauce mix white

- 2.3 cups milk
- 0.3 teaspoon marjoram dried
- 6 ounces havarti cheese shredded
- 2 cups roasted chicken diced cooked

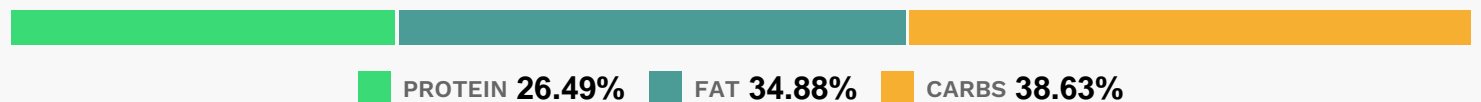
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Heat oven to 450°F. Toss asparagus, bell pepper, onion, mushrooms, oil, lemon-pepper seasoning and salt until vegetables are coated.
- Spread in ungreased jelly roll pan, 15 1/2x10 1/2x1 inch. Roast about 20 minutes or until vegetables are crisp-tender. Cool slightly. Coarsely chop vegetables.
- While vegetables are roasting, cook and drain manicotti as directed on package. In 1 1/2-quart saucepan, mix sauce mix and milk.
- Heat to boiling, stirring constantly. Stir in marjoram; remove from heat.
- Reserve 1 cup vegetables for topping.
- Mix remaining vegetables, 1 cup of the cheese, the chicken and 1/2 cup of the sauce. In bottom of ungreased rectangular baking dish, 13x9x2 inches, spread about 1/4 cup sauce. Spoon chicken mixture into manicotti shells; arrange in dish. Spoon remaining sauce over manicotti.
- Sprinkle with remaining 1 cup vegetables and 1/2 cup cheese.
- Cover and bake 30 minutes. Uncover and bake about 10 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:39.17, Glycemic Load:12.42, Inflammation Score:-9, Nutrition Score:23.428260886151%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg, Isorhamnetin: 5.23mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.34mg, Quercetin: 14.34mg, Quercetin: 14.34mg

Nutrients (% of daily need)

Calories: 426.48kcal (21.32%), Fat: 16.6g (25.54%), Saturated Fat: 7.95g (49.66%), Carbohydrates: 41.36g (13.79%), Net Carbohydrates: 37.81g (13.75%), Sugar: 11.79g (13.1%), Cholesterol: 70.93mg (23.64%), Sodium: 386.92mg (16.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.36g (56.73%), Selenium: 39.2µg (56%), Phosphorus: 456.57mg (45.66%), Vitamin C: 31.46mg (38.13%), Vitamin K: 37.27µg (35.49%), Calcium: 322.06mg (32.21%), Vitamin A: 1586.3IU (31.73%), Vitamin B2: 0.5mg (29.45%), Vitamin B3: 5.88mg (29.4%), Manganese: 0.52mg (25.82%), Vitamin B6: 0.48mg (24.19%), Zinc: 3.24mg (21.63%), Folate: 79.78µg (19.95%), Vitamin B1: 0.26mg (17.57%), Copper: 0.35mg (17.55%), Potassium: 609mg (17.4%), Vitamin B12: 1.03µg (17.12%), Iron: 2.87mg (15.94%), Vitamin B5: 1.56mg (15.64%), Magnesium: 61.91mg (15.48%), Fiber: 3.54g (14.17%), Vitamin E: 1.63mg (10.9%), Vitamin D: 1.11µg (7.42%)