



Shortcut Chicken Manicotti

READY IN



70 min.

SERVINGS



10

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli florets frozen
- 10 oz cream of chicken soup canned
- 0.3 cup parmesan cheese grated kraft
- 12 manicotti shells uncooked
- 1 lb chicken breasts boneless skinless cut into thin strips
- 1.5 cups water
- 4 oz velveeta cut into 1/2-inch cubes
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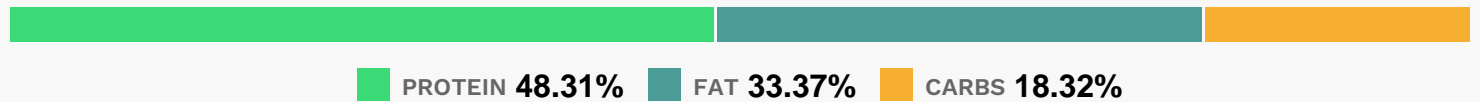
Equipment

- bowl
- oven
- baking pan
- microwave

Directions

- Heat oven to 400F.
- Microwave soup, water and VELVEETA in microwaveable bowl on HIGH 3 min. or until VELVEETA is completely melted and mixture is well blended, stirring after 2 min.
- Spread 1/3 of the VELVEETA mixture onto bottom of 13x9-inch baking dish sprayed with cooking spray. Stuff pasta shells with chicken; place in baking dish.
- Stir broccoli into remaining soup mixture; spoon over pasta shells.
- Sprinkle with Parmesan; cover.
- Bake 45 to 50 min. or until pasta is tender and chicken is done.

Nutrition Facts



Properties

Glycemic Index:11.7, Glycemic Load:1.47, Inflammation Score:-3, Nutrition Score:7.91521742551222%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 98.39kcal (4.92%), Fat: 3.6g (5.53%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 3.93g (1.43%), Sugar: 0.5g (0.55%), Cholesterol: 33.47mg (11.16%), Sodium: 303.23mg (13.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.71g (23.43%), Vitamin B3: 4.98mg (24.9%), Selenium: 17.14µg (24.49%), Vitamin C: 16.81mg (20.37%), Vitamin K: 19.86µg (18.91%), Vitamin B6: 0.38mg (18.77%), Phosphorus:

134.17mg (13.42%), Vitamin B5: 0.82mg (8.18%), Potassium: 246.51mg (7.04%), Vitamin B2: 0.09mg (5.24%), Magnesium: 18.62mg (4.65%), Vitamin A: 200.21IU (4%), Manganese: 0.08mg (3.87%), Calcium: 38.21mg (3.82%), Zinc: 0.55mg (3.66%), Folate: 14.21µg (3.55%), Iron: 0.63mg (3.49%), Copper: 0.07mg (3.38%), Vitamin B1: 0.05mg (3.16%), Vitamin E: 0.4mg (2.64%), Vitamin B12: 0.12µg (2.07%), Fiber: 0.51g (2.05%)