



## Super-Easy Chicken Manicotti

READY IN



80 min.

SERVINGS



7

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 25.5 oz pasta sauce organic (any variety)
- 0.8 cup water
- 1 teaspoon garlic salt
- 1.5 lb chicken breast uncooked (not breaded)
- 8 oz manicotti shells uncooked
- 8 oz mozzarella cheese shredded
- 1 leaves basil fresh chopped

### Equipment

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

## Directions

- Heat oven to 350°F. In medium bowl, mix pasta sauce and water.
- Spread about 1/3 of the pasta sauce mixture in ungreased 13x9-inch (3-quart) glass baking dish.
- Sprinkle garlic salt on chicken. Insert chicken into uncooked manicotti shells, stuffing from each end of shell to fill if necessary.
- Place shells on pasta sauce in baking dish.
- Pour remaining pasta sauce evenly over shells, covering completely. Cover with foil.
- Bake about 1 hour or until chicken is no longer pink in center and shells are tender.
- Sprinkle with cheese.
- Bake uncovered about 5 minutes or until cheese is melted.
- Sprinkle with basil.

## Nutrition Facts



**PROTEIN 38.07%** **FAT 27.17%** **CARBS 34.76%**

## Properties

Glycemic Index:26.29, Glycemic Load:11.69, Inflammation Score:-6, Nutrition Score:19.953043429748%

## Nutrients (% of daily need)

Calories: 353.01kcal (17.65%), Fat: 10.56g (16.24%), Saturated Fat: 4.94g (30.9%), Carbohydrates: 30.39g (10.13%), Net Carbohydrates: 27.8g (10.11%), Sugar: 4.88g (5.42%), Cholesterol: 87.8mg (29.27%), Sodium: 1140.84mg (49.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.28g (66.57%), Selenium: 57.71µg (82.44%), Vitamin B3: 11.75mg (58.73%), Vitamin B6: 0.89mg (44.37%), Phosphorus: 407.97mg (40.8%), Potassium: 763.51mg (21.81%), Manganese: 0.43mg (21.68%), Calcium: 190.83mg (19.08%), Vitamin B5: 1.89mg (18.9%), Vitamin B2: 0.28mg (16.21%), Magnesium: 64.72mg (16.18%), Vitamin B12: 0.93µg (15.55%), Zinc: 2.2mg (14.65%), Vitamin A: 699.12IU

(13.98%), Copper: 0.25mg (12.34%), Vitamin E: 1.77mg (11.8%), Iron: 1.92mg (10.67%), Fiber: 2.59g (10.35%), Vitamin C: 8.41mg (10.19%), Vitamin B1: 0.13mg (8.39%), Folate: 21.33µg (5.33%), Vitamin K: 4.16µg (3.96%), Vitamin D: 0.23µg (1.51%)