



## Swiss Chard and Sweet Pea Manicotti (Winter)

READY IN



55 min.

SERVINGS



12

CALORIES



330 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoons pepper black freshly ground
- 12 servings butter for greasing the pan
- 6 ounces fontina grated
- 0.3 cup basil leaves fresh chopped
- 2 tablespoons basil leaves fresh chopped
- 1 clove garlic minced
- 0.5 cup heavy whipping cream
- 0.8 teaspoon kosher salt
- 2 tablespoons olive oil

- 1 medium onion chopped
- 2 ounces parmesan grated
- 2 tablespoons parmesan grated
- 12 cannelloni pasta shells
- 0.8 cup peas frozen thawed
- 4 ounces mozzarella cheese shredded
- 6 ounces mozzarella cheese shredded
- 15 ounce milk ricotta cheese whole
- 12 ounces swiss chard white red
- 0.8 cup milk whole

## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- knife
- pot
- baking pan
- kitchen scissors
- pastry bag
- glass baking pan

## Directions

- Special equipment: A pastry bag fitted with a large plain tip (recommended: Ateco #
- Preheat the oven to 400 degrees F. Grease a 13 by 9-inch glass baking dish liberally with butter.
- Bring a large pot of salted water to a boil over high heat.

- Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 6 to 8 minutes.
- Drain the pasta and rinse with cold water. Set aside.
- Using kitchen scissors or a knife, remove the leaves from the stems of the chard. Discard the stems. Chop the leaves into 1-inch pieces. In a large nonstick skillet, heat the oil over medium-high heat.
- Add the onion and cook until soft, about 5 to 7 minutes.
- Add the garlic and cook for 1 minute longer.
- Add the chard and cook, stirring constantly, until wilted, about 2 minutes. Allow the mixture to cool slightly.
- Place the ricotta cheese, peas, mozzarella cheese, Parmesan cheese, basil, salt, and pepper in the bowl of a food processor.
- Add the cooled chard mixture and blend until smooth. Spoon the mixture into the prepared pastry bag and fill each manicotti shell with the filling.
- Place the stuffed manicotti in the prepared baking dish.
- In a medium heavy-bottomed saucepan, bring milk and cream to a simmer, over medium heat. Reduce heat to low.
- Add the fontina cheese and cook, stirring constantly, until the cheese is melted and the mixture is smooth.
- Remove the pan from the heat. Stir in the Parmesan cheese and basil.
- Pour the sauce over the stuffed manicotti and sprinkle with the mozzarella cheese.
- Bake for 30 to 35 minutes until the top is golden. Cool for 5 minutes before serving.

## Nutrition Facts

**PROTEIN 20.36%** **FAT 71.12%** **CARBS 8.52%**

### Properties

Glycemic Index:49.78, Glycemic Load:1.88, Inflammation Score:-9, Nutrition Score:16.489565144414%

### Flavonoids

Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg,

Kaempferol: 1.7mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

## Nutrients (% of daily need)

Calories: 329.58kcal (16.48%), Fat: 26.31g (40.47%), Saturated Fat: 15.16g (94.75%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 5.9g (2.15%), Sugar: 2.88g (3.2%), Cholesterol: 80.74mg (26.91%), Sodium: 627.69mg (27.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.95g (33.89%), Vitamin K: 244.63µg (232.98%), Vitamin A: 2633.23IU (52.66%), Calcium: 384.2mg (38.42%), Phosphorus: 277.89mg (27.79%), Selenium: 14.23µg (20.33%), Vitamin B12: 1.07µg (17.84%), Vitamin C: 13.1mg (15.87%), Vitamin B2: 0.27mg (15.66%), Zinc: 2.1mg (13.97%), Magnesium: 43.75mg (10.94%), Manganese: 0.19mg (9.72%), Vitamin E: 1.24mg (8.29%), Potassium: 252.08mg (7.2%), Iron: 1.05mg (5.85%), Vitamin B6: 0.11mg (5.7%), Folate: 20.05µg (5.01%), Fiber: 1.19g (4.75%), Copper: 0.09mg (4.72%), Vitamin B1: 0.07mg (4.6%), Vitamin D: 0.6µg (4.03%), Vitamin B5: 0.36mg (3.6%), Vitamin B3: 0.46mg (2.31%)