



## Barbeque Chicken Pasagna

READY IN



45 min.

SERVINGS



12

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 18 ounce barbeque sauce
- 2 cloves garlic minced
- 1 bell pepper green chopped
- 1 tablespoon penzey's southwest seasoning italian
- 2 tablespoons olive oil
- 8 ounce phyllo dough
- 1 onion red chopped
- 4 cups cheddar cheese shredded
- 1.5 pounds chicken breast halves diced boneless skinless

- 1 stick butter unsalted

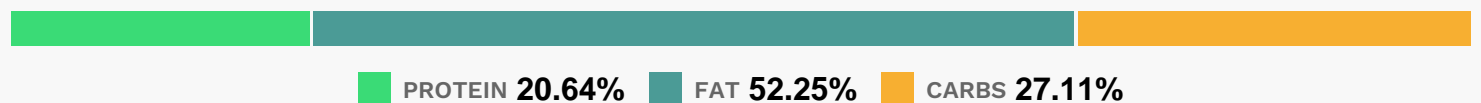
## Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- baking pan
- kitchen towels
- pastry brush

## Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Cook chicken in the oil until lightly browned, about 5 minutes. Stir the onion, green bell pepper, garlic, and barbecue sauce into the skillet. Cook and stir until vegetables are tender, 5 to 6 minutes.
- Remove phyllo dough from package and unfold onto a baking sheet. Cover with a damp kitchen towel to prevent the dough from drying out. Melt the butter in a small saucepan. Use a pastry brush to grease a 9x13 inch baking dish with the butter.
- Place 4 sheets of phyllo dough in bottom of the prepared pan; brush top of phyllo with butter.
- Spread a thin layer of chicken mixture on the top of the phyllo; sprinkle layer with cheese.
- Place 2 sheets of phyllo dough on top of the cheese; brush with butter. Continue layering chicken mixture, cheese, and buttered phyllo until chicken mixture is gone. Top final layer of chicken with cheese and 2 sheets of phyllo dough, brush top with butter, and sprinkle with remaining cheese and Italian seasoning.
- Bake in the preheated oven until hot and bubbly, about 30 to 35 minutes.

## Nutrition Facts



## Properties

Glycemic Index:11.42, Glycemic Load:4.16, Inflammation Score:-6, Nutrition Score:14.723913026893%

## Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

## Nutrients (% of daily need)

Calories: 443.61kcal (22.18%), Fat: 25.69g (39.53%), Saturated Fat: 13.03g (81.41%), Carbohydrates: 29.98g (9.99%), Net Carbohydrates: 28.73g (10.45%), Sugar: 14.93g (16.59%), Cholesterol: 94.2mg (31.4%), Sodium: 843.33mg (36.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.84g (45.68%), Selenium: 33.99µg (48.56%), Vitamin B3: 7.04mg (35.21%), Phosphorus: 322.54mg (32.25%), Calcium: 298.19mg (29.82%), Vitamin B6: 0.53mg (26.61%), Vitamin B2: 0.32mg (18.96%), Vitamin A: 769.01IU (15.38%), Zinc: 1.93mg (12.87%), Vitamin C: 9.75mg (11.82%), Vitamin B1: 0.17mg (11.42%), Vitamin B5: 1.13mg (11.29%), Potassium: 391.71mg (11.19%), Manganese: 0.21mg (10.46%), Vitamin E: 1.41mg (9.43%), Magnesium: 36.62mg (9.16%), Vitamin B12: 0.53µg (8.81%), Folate: 31.68µg (7.92%), Iron: 1.38mg (7.66%), Vitamin K: 7.69µg (7.32%), Fiber: 1.25g (5.02%), Copper: 0.09mg (4.66%), Vitamin D: 0.42µg (2.83%)