



Buffalo Chicken Lasagna (aka Buffalo

READY IN



115 min.

SERVINGS



12

CALORIES



896 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound cheese blue crumbled
- 3 tablespoons brown sugar
- 3 sticks butter melted
- 1 tablespoon cayenne pepper
- 1 pound colby and jack cheese blend shredded
- 1 tablespoon barbeque rub seasoning
- 4 eggs
- 1 tablespoon hot sauce
- 9 ounces no-boil lasagna noodles

- 1 tablespoon paprika
- 48 ounces ricotta cheese
- 1 tablespoon chile rub green
- 12 servings salt
- 1 rotisserie chicken from the grocery store shredded
- 16 ounces tomato sauce
- 1 tablespoon vinegar

Equipment

- oven
- mixing bowl
- baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- For the buffalo sauce: In a large mixing bowl, combine the tomato sauce, melted butter, brown sugar, hot sauce, paprika, cayenne and vinegar. Stir to combine and add salt to taste. Set aside while prepping the rest of the ingredients.
- To make the cheese filling: In a large mixing bowl, combine the ricotta, blue cheese crumbles, barbeque rub seasoning, green chile seasoning and eggs. Stir until well blended.
- For the lasagna: Build the layers of the lasagna in a large baking pan approximately 21- by 13- inch. Start with a thin layer of sauce on the bottom of the pan. Cover with a layer of no-boil lasagna. Spoon some of the ricotta cheese mixture onto the noodles and spread it out into an even layer.
- Layer on the shredded chicken. Repeat layers, starting with the sauce and finish with a covering of the three-cheese mix. You should get two layers. The last or top layer should be a layer of noodles, then sauce and the shredded cheese.
- Bake for 45 minutes to 1 hour.
- Let rest for 10 minutes. Slice and serve immediately.

Nutrition Facts

PROTEIN 21.63% FAT 66.35% CARBS 12.02%

Properties

Glycemic Index:20.5, Glycemic Load:1.88, Inflammation Score:-8, Nutrition Score:19.173043468724%

Nutrients (% of daily need)

Calories: 896.3kcal (44.81%), Fat: 66.76g (102.71%), Saturated Fat: 40.23g (251.42%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 25.48g (9.26%), Sugar: 5.58g (6.2%), Cholesterol: 294.88mg (98.29%), Sodium: 1541.46mg (67.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.98g (97.95%), Calcium: 721.57mg (72.16%), Phosphorus: 548.14mg (54.81%), Vitamin A: 2588.81IU (51.78%), Selenium: 32.56µg (46.51%), Vitamin B2: 0.62mg (36.53%), Zinc: 3.83mg (25.52%), Vitamin B12: 1.34µg (22.32%), Potassium: 483.97mg (13.83%), Vitamin B5: 1.37mg (13.67%), Vitamin E: 1.98mg (13.19%), Vitamin B6: 0.23mg (11.71%), Folate: 46.44µg (11.61%), Magnesium: 41.75mg (10.44%), Iron: 1.76mg (9.79%), Vitamin K: 9.77µg (9.3%), Fiber: 1.73g (6.9%), Vitamin D: 0.94µg (6.24%), Copper: 0.12mg (5.97%), Vitamin B3: 1.05mg (5.23%), Manganese: 0.1mg (5.17%), Vitamin C: 3.97mg (4.81%), Vitamin B1: 0.05mg (3.49%)