



## Cheesy Chicken and Mushroom Lasagne

READY IN



300 min.

SERVINGS



4

CALORIES



712 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 10 ounce cremini white thinly sliced
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 3 ounces coarsely gruyère grated
- ☐ 1 tablespoon olive oil
- ☐ 12 barilla no-boil egg lasagne noodles (less than a 9-ounce package)
- ☐ 0.8 cup parmigiano-reggiano grated
- ☐ 2 teaspoons thyme leaves

- ☐ 5 tablespoons butter unsalted divided
- ☐ 3.5 cups milk whole

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

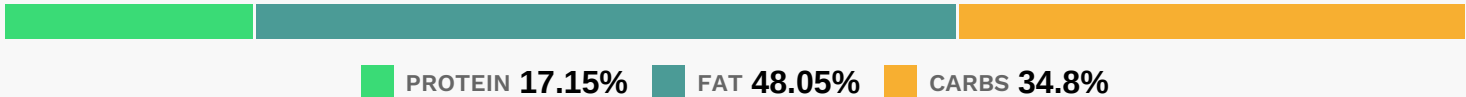
## Directions

- ☐ Preheat oven to 425° with rack in middle.
- ☐ Cook mushrooms, garlic, 1/4 teaspoon salt, and 1/8 teaspoon pepper in oil and 1 tablespoon butter in a 4-quart heavy saucepan over medium heat, stirring occasionally, until mushrooms are softened, about 3 minutes.
- ☐ Add wine and simmer briskly 2 minutes.
- ☐ Transfer mushroom mixture to a large bowl and stir in chicken. (Set aside saucepan.)
- ☐ Bring milk to a bare simmer in a medium saucepan. Melt remaining 4 tablespoons butter in 4-quart saucepan over medium-low heat.
- ☐ Add flour and cook roux, whisking constantly, 3 minutes.
- ☐ Add hot milk in a slow stream, whisking constantly.
- ☐ Add thyme, 3/4 teaspoon salt, and 1/2 teaspoon pepper and simmer, whisking occasionally, until thickened, 5 to 6 minutes.
- ☐ Remove from heat and reserve 1 cup sauce. Stir parmesan into sauce remaining in pan, then stir into mushroom filling.
- ☐ Pour half of reserved plain sauce into baking pan, spreading evenly to coat bottom.
- ☐ Add 3 lasagne sheets, overlapping slightly, and one third of mushroom filling, spreading evenly, then sprinkle one fourth of Gruyère over top. Repeat 2 times. Top with remaining 3

lasagne sheets and remaining plain sauce, spreading evenly.

- ☐ Sprinkle with remaining Gruyère.
- ☐ Cover with foil, tenting slightly to prevent foil from touching top of lasagne but sealing all around edge, and bake 30 minutes.
- ☐ Remove foil and bake until cheese is golden, about 15 minutes more.
- ☐ Let lasagne stand 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:65.5, Glycemic Load:9.15, Inflammation Score:-9, Nutrition Score:20.273912865183%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 711.68kcal (35.58%), Fat: 37.55g (57.77%), Saturated Fat: 20.59g (128.71%), Carbohydrates: 61.2g (20.4%), Net Carbohydrates: 58.17g (21.15%), Sugar: 13.21g (14.68%), Cholesterol: 123.49mg (41.16%), Sodium: 540.98mg (23.52%), Alcohol: 3.09g (100%), Alcohol %: 0.89% (100%), Protein: 30.16g (60.32%), Calcium: 717.71mg (71.77%), Phosphorus: 557.89mg (55.79%), Vitamin B2: 0.76mg (44.55%), Selenium: 21.12µg (30.17%), Vitamin B12: 1.78µg (29.6%), Vitamin A: 1178.91IU (23.58%), Potassium: 759.29mg (21.69%), Vitamin B5: 2.15mg (21.46%), Vitamin D: 2.97µg (19.83%), Zinc: 2.74mg (18.26%), Vitamin B1: 0.27mg (17.71%), Vitamin B3: 3.39mg (16.96%), Vitamin B6: 0.29mg (14.43%), Magnesium: 55.13mg (13.78%), Copper: 0.27mg (13.39%), Fiber: 3.03g (12.14%), Manganese: 0.19mg (9.66%), Folate: 31.13µg (7.78%), Vitamin E: 1.13mg (7.54%), Iron: 1.22mg (6.8%), Vitamin K: 5.05µg (4.81%), Vitamin C: 3.79mg (4.6%)