



## Chicken and Pumpkin Lasagna

READY IN



45 min.

SERVINGS



5

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound meat from a rotisserie chicken boneless chopped
- 14.5 ounce cream of pumpkin soup canned
- 9 lasagna noodles
- 1 cup milk
- 1.5 cups mozzarella cheese shredded
- 16 ounce spaghetti sauce
- 1 teaspoon vegetable oil

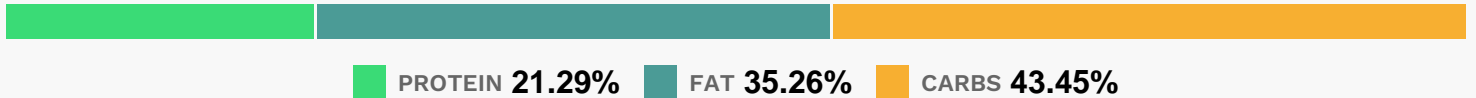
### Equipment

- bowl
- sauce pan
- oven
- casserole dish

## Directions

- In a large bowl, combine milk and cream of pumpkin soup. Set aside.
- Heat oil in a large saucepan over medium heat.
- Add chicken, and saute until done. Stir in Bolognese sauce; simmer for 15 minutes, stirring occasionally.
- Spoon 1/3 meat sauce into a 2 quart casserole dish, cover with 3 uncooked noodles, and top with 1/3 soup mixture. Repeat twice.
- Sprinkle cheese over lasagna.
- Bake in a preheated 400 degree F (200 degree C) oven for 35 minutes, or until hot and bubbly.
- Remove from oven, and let stand 15 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:30.4, Glycemic Load:17.75, Inflammation Score:-6, Nutrition Score:19.203478274138%

## Nutrients (% of daily need)

Calories: 488.92kcal (24.45%), Fat: 19.11g (29.4%), Saturated Fat: 8.32g (51.97%), Carbohydrates: 52.98g (17.66%), Net Carbohydrates: 49.68g (18.06%), Sugar: 8.66g (9.62%), Cholesterol: 69.17mg (23.06%), Sodium: 1190.12mg (51.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.95g (51.91%), Selenium: 46.87µg (66.96%), Manganese: 0.83mg (41.31%), Phosphorus: 382.41mg (38.24%), Calcium: 270.93mg (27.09%), Vitamin B3: 5.16mg (25.79%), Copper: 0.44mg (21.97%), Zinc: 3.07mg (20.49%), Vitamin B12: 1.2µg (19.96%), Vitamin B2: 0.33mg (19.28%), Vitamin B6: 0.38mg (18.99%), Potassium: 652.47mg (18.64%), Vitamin B5: 1.7mg (16.99%), Vitamin A: 815.87IU (16.32%), Magnesium: 62.43mg (15.61%), Fiber: 3.3g (13.21%), Iron: 2.38mg (13.21%), Vitamin E: 1.71mg (11.41%), Vitamin B1: 0.15mg (10.25%), Vitamin C: 7.05mg (8.54%), Vitamin K: 6.72µg (6.4%), Folate: 23.85µg (5.96%), Vitamin D: 0.76µg (5.06%)