



Chicken-and-Spinach Lasagna

READY IN



270 min.

SERVINGS



6

CALORIES



751 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 oz alfredo sauce refrigerated
- 2 cups matchstick carrots
- 1 cup chicken broth
- 3 cups meat from a rotisserie chicken cooked chopped
- 10.8 oz cream of mushroom soup canned
- 0.3 cup basil fresh chopped
- 10 oz pkt spinach frozen thawed chopped
- 16 oz cheese blend shredded italian divided
- 9 lasagna noodles uncooked

0.5 teaspoon pepper

Equipment

bowl

paper towels

slow cooker

Directions

Drain spinach well, pressing between paper towels. Stir together spinach, chicken, next 5 ingredients, and 3 cups Italian cheese blend in a large bowl.

Spoon one-fourth of chicken mixture into a lightly greased 6-qt. slow cooker. Arrange 3 noodles over chicken mixture, breaking to fit. Repeat layers twice. Top with remaining chicken mixture and 1 cup cheese. Cover and cook on LOW 3 1/2 hours or until noodles are done, mixture is bubbly, and edges are golden brown. Uncover and cook on LOW 30 minutes.

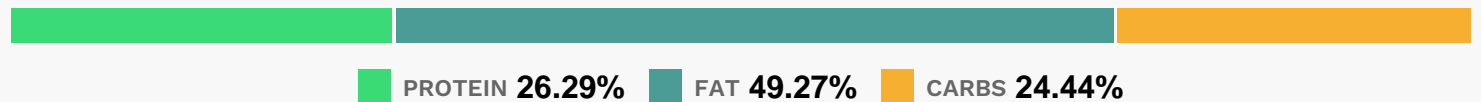
Sprinkle with basil.

Let stand 10 minutes before serving.

* Reduced-fat Alfredo sauce may be substituted.

** Reduced-fat cream of mushroom soup may be substituted.

Nutrition Facts



Properties

Glycemic Index:31.81, Glycemic Load:13.99, Inflammation Score:-10, Nutrition Score:27.144347895747%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 750.67kcal (37.53%), Fat: 41.36g (63.63%), Saturated Fat: 12.81g (80.04%), Carbohydrates: 46.15g (15.38%), Net Carbohydrates: 42.08g (15.3%), Sugar: 5.14g (5.71%), Cholesterol: 132.93mg (44.31%), Sodium:

1403.69mg (61.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.66g (99.31%), Vitamin A: 12751.48IU (255.03%), Vitamin K: 185.86µg (177.01%), Selenium: 46.81µg (66.87%), Manganese: 0.99mg (49.69%), Vitamin B3: 7.44mg (37.22%), Phosphorus: 268.99mg (26.9%), Vitamin B6: 0.51mg (25.46%), Calcium: 249.56mg (24.96%), Folate: 91.94µg (22.99%), Magnesium: 82.39mg (20.6%), Vitamin B2: 0.31mg (18.43%), Copper: 0.36mg (18.1%), Potassium: 630.19mg (18.01%), Zinc: 2.62mg (17.46%), Fiber: 4.07g (16.27%), Iron: 2.84mg (15.8%), Vitamin B1: 0.17mg (11.51%), Vitamin E: 1.72mg (11.49%), Vitamin B5: 1.13mg (11.27%), Vitamin C: 5.3mg (6.42%), Vitamin B12: 0.29µg (4.87%)