



Chicken Lasagna

READY IN



50 min.

SERVINGS



12

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter melted
- 10 ounces mushroom stems and pieces undiluted reduced-fat reduced-sodium canned
- 2.5 cups roasted chicken cubed cooked
- 9 lasagna noodles cooked drained
- 0.5 teaspoon basil dried
- 12 ounces nonfat cottage cheese fat-free
- 0.3 cup skim milk fat-free
- 6 ounces mushrooms fresh sliced
- 2 teaspoons parsley fresh minced

- 0.5 cup bell pepper green chopped
- 1 medium onion chopped
- 0.5 cup parmesan cheese divided grated
- 2 ounces pimientos diced drained
- 8 ounces processed cheese food cubed reduced-fat

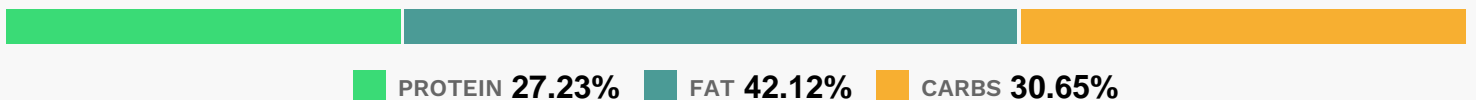
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- In a saucepan, saute onion and green pepper in butter until tender.
- Add mushrooms; cook until tender.
- Remove from the heat; stir in soup, milk, pimientos and basil. In a bowl, combine the chicken, American cheese, cottage cheese and 1/4 cup Parmesan cheese.
- Spread a fourth of the mushroom sauce in a 13-in. x 9-in. baking dish coated with cooking spray. Top with three noodles, half of the chicken mixture and a fourth of the mushroom sauce. Repeat layers of noodles, chicken and mushroom sauce. Top with the remaining noodles and mushroom sauce.
- Sprinkle with parsley and remaining Parmesan. Cover and bake at 350° for 30 minutes. Uncover; bake 15-20 minutes longer or until hot and bubbly.
- Let stand for 15 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:25.4, Glycemic Load:7.04, Inflammation Score:-5, Nutrition Score:11.206956505775%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 277.97kcal (13.9%), Fat: 12.92g (19.88%), Saturated Fat: 6.63g (41.43%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 19.63g (7.14%), Sugar: 2.91g (3.23%), Cholesterol: 55.06mg (18.35%), Sodium: 622.11mg (27.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.79g (37.59%), Selenium: 28.54µg (40.77%), Phosphorus: 308.86mg (30.89%), Calcium: 298.77mg (29.88%), Vitamin B3: 3.14mg (15.68%), Vitamin B2: 0.25mg (14.69%), Vitamin C: 10.9mg (13.22%), Potassium: 398.48mg (11.39%), Vitamin B6: 0.22mg (10.82%), Zinc: 1.6mg (10.68%), Manganese: 0.2mg (10.11%), Vitamin B12: 0.61µg (10.1%), Vitamin A: 480.53IU (9.61%), Vitamin B5: 0.81mg (8.09%), Iron: 1.36mg (7.54%), Magnesium: 28.05mg (7.01%), Copper: 0.14mg (6.86%), Fiber: 1.53g (6.11%), Vitamin B1: 0.06mg (4.12%), Folate: 14.42µg (3.61%), Vitamin K: 2.77µg (2.64%), Vitamin E: 0.35mg (2.36%), Vitamin D: 0.24µg (1.58%)