



Chicken Lasagna Florentine

READY IN



45 min.

SERVINGS



6

CALORIES



618 kcal

Ingredients

- ☐ 2 cups roasted chicken cooked chopped
- ☐ 6 lasagna noodles cooked drained
- ☐ 10.8 ounce cream of mushroom soup undiluted canned
- ☐ 10 ounce spinach frozen thawed drained chopped well
- ☐ 6 ounce mushrooms drained sliced
- ☐ 1 cup parmesan cheese grated
- ☐ 0.8 cup pecans chopped
- ☐ 0.3 teaspoon pepper
- ☐ 8 ounces cheddar cheese shredded
- ☐ 1 cup cream sour

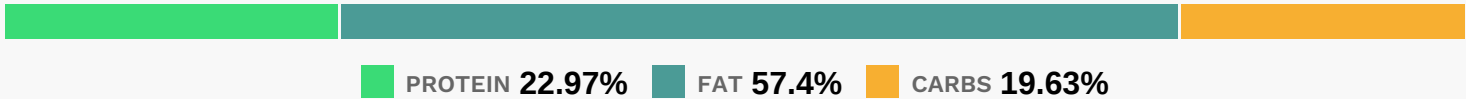
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir together chicken and next 6 ingredients.
- ☐ Arrange 3 noodles in a lightly greased 11- x 7-inch baking dish; top with half of chicken mixture. Repeat layers with remaining noodles and chicken mixture.
- ☐ Sprinkle with Parmesan cheese and pecans.
- ☐ Bake, covered, at 350 for 45 minutes; uncover, and bake 15 minutes or until bubbly.
- ☐ Let lasagna stand 15 minutes before serving.
- ☐ To Make Ahead: Cover and chill.
- ☐ Let stand at room temperature 30 minutes before baking; proceed as directed.
- ☐ To lighten: Substitute reduced-fat cream of mushroom soup, 2% reduced-fat Cheddar cheese, and reduced-fat sour cream.

Nutrition Facts



Properties

Glycemic Index:24.92, Glycemic Load:8.98, Inflammation Score:-10, Nutrition Score:33.215217331181%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 618.3kcal (30.92%), Fat: 40g (61.55%), Saturated Fat: 16.15g (100.93%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 26.62g (9.68%), Sugar: 3.19g (3.54%), Cholesterol: 112.46mg (37.49%), Sodium: 982.88mg

(42.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.01g (72.03%), Vitamin K: 178.15µg (169.66%), Vitamin A: 6329.39IU (126.59%), Selenium: 51.26µg (73.23%), Manganese: 1.35mg (67.27%), Calcium: 536.83mg (53.68%), Phosphorus: 532.46mg (53.25%), Vitamin B2: 0.64mg (37.49%), Zinc: 4.84mg (32.26%), Vitamin B3: 5.87mg (29.33%), Copper: 0.54mg (26.85%), Magnesium: 98.65mg (24.66%), Folate: 97.67µg (24.42%), Vitamin B6: 0.44mg (21.8%), Iron: 3.24mg (17.99%), Potassium: 615.56mg (17.59%), Fiber: 4.16g (16.66%), Vitamin B12: 0.93µg (15.57%), Vitamin B5: 1.54mg (15.44%), Vitamin B1: 0.23mg (15.44%), Vitamin E: 2.11mg (14.1%), Vitamin C: 3.69mg (4.47%), Vitamin D: 0.37µg (2.45%)