

Chicken Lasagna II

READY IN



45 min.

SERVINGS



12

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 6 lasagne pasta sheets cooked drained
- ☐ 8 ounce curd cottage cheese
- ☐ 5 ounce evaporated milk canned
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 pound ground chicken
- ☐ 0.5 cup onion chopped
- ☐ 1 pound mozzarella cheese shredded

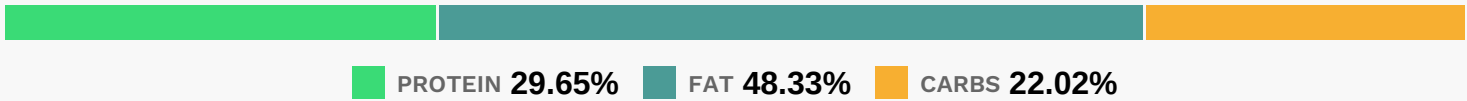
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Cook lasagna noodles in boiling salted water until al dente. Rinse with cool water, drain well.
- ☐ In a large skillet, cook and stir ground turkey or chicken, chopped onions and green pepper over medium heat until golden brown.
- ☐ Drain excess grease.
- ☐ Mix in cream of mushroom soup, cream of chicken soup, and evaporated skim milk. Cook mixture until it comes to a low boil.
- ☐ To assemble, in a buttered 13x9 inch casserole dish layer 1/2 cup of the sauce, 3 lasagna noodles, 1/2 cup of sauce, cottage cheese, one half of the shredded mozzarella cheese, 3 noodles, remaining sauce mixture. Finish with remaining shredded mozzarella cheese.
- ☐ In a preheated 350 degree F(175 degree C) oven bake for 45 to 60 minutes. Cook until heated through and bubbly.
- ☐ Let stand for 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.21, Glycemic Load:5.56, Inflammation Score:-4, Nutrition Score:10.843478223552%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 291.58kcal (14.58%), Fat: 15.59g (23.98%), Saturated Fat: 7.5g (46.9%), Carbohydrates: 15.98g (5.33%), Net Carbohydrates: 15.17g (5.51%), Sugar: 2.82g (3.13%), Cholesterol: 72.31mg (24.1%), Sodium: 690.83mg (30.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.51g (43.03%), Selenium: 20.82µg (29.75%), Phosphorus: 290.93mg (29.09%), Calcium: 248.5mg (24.85%), Vitamin B12: 1.21µg (20.24%), Vitamin B2: 0.3mg (17.8%), Zinc: 2.35mg (15.68%), Vitamin B6: 0.27mg (13.44%), Vitamin B3: 2.67mg (13.37%), Manganese: 0.22mg (11.24%), Potassium: 359.73mg (10.28%), Vitamin B5: 0.79mg (7.92%), Copper: 0.16mg (7.8%), Iron: 1.38mg (7.66%), Vitamin A: 379.54IU (7.59%), Magnesium: 29.33mg (7.33%), Vitamin C: 5.73mg (6.95%), Vitamin B1: 0.08mg (5.61%), Fiber: 0.81g (3.24%), Folate: 12.51µg (3.13%), Vitamin K: 2.77µg (2.64%), Vitamin E: 0.39mg (2.58%), Vitamin D: 0.18µg (1.21%)