



Chicken Lasagna Rolls

READY IN



65 min.

SERVINGS



6

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups broccoli frozen thawed drained chopped
- 3 tablespoons butter
- 3 cups roasted chicken diced cooked
- 14 ounces chicken broth canned
- 12 lasagna noodles cooked drained
- 0.8 cup breadcrumbs dry
- 2 eggs lightly beaten
- 3 tablespoons flour all-purpose
- 0.3 cup parsley fresh minced

- 1 cup milk
- 6 ounces monterrey jack cheese shredded
- 1 small onion chopped
- 6.5 ounces pimientos diced drained
- 0.5 teaspoon salt

Equipment

- bowl
- sauce pan
- oven
- baking pan
- toothpicks
- kitchen thermometer

Directions

- In a large saucepan, saute onion in butter until tender. Stir in flour until blended. Gradually add broth and milk. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Remove from the heat; stir in cheese.
- Pour 1/3 cup each into two greased 8-in. square baking dishes; set aside.
- In a large bowl, combine 1 cup cheese sauce, chicken, broccoli, eggs, bread crumbs, pimientos, parsley and salt if desired.
- Spread about 1/2 cup over each noodle.
- Roll up jelly-roll style, beginning with a short side; secure ends with toothpicks.
- Place six roll-ups curly end down in each baking dish. Top with remaining cheese sauce.
- Cover and freeze one casserole for up to 3 months. Cover and bake second casserole at 350° for 40 minutes or until a thermometer reads 160°. Uncover; bake 5 minutes longer or until bubbly. Discard toothpicks.
- To use frozen casserole: Thaw in the refrigerator for 8 hours or overnight.
- Bake as directed.

Nutrition Facts

PROTEIN 30.8% FAT 35.83% CARBS 33.37%

Properties

Glycemic Index:62.42, Glycemic Load:21.71, Inflammation Score:-9, Nutrition Score:38.043912887573%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 7.01mg, Kaempferol: 7.01mg, Kaempferol: 7.01mg, Kaempferol: 7.01mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 741.24kcal (37.06%), Fat: 29.3g (45.08%), Saturated Fat: 13.49g (84.3%), Carbohydrates: 61.42g (20.47%), Net Carbohydrates: 55.27g (20.1%), Sugar: 6.71g (7.45%), Cholesterol: 185.3mg (61.77%), Sodium: 952.74mg (41.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.68g (113.36%), Vitamin C: 114.62mg (138.94%), Vitamin K: 137.73µg (131.17%), Selenium: 77.52µg (110.75%), Phosphorus: 598.56mg (59.86%), Vitamin B3: 9.62mg (48.12%), Vitamin A: 2258.28IU (45.17%), Vitamin B6: 0.81mg (40.64%), Manganese: 0.79mg (39.47%), Calcium: 372.49mg (37.25%), Vitamin B2: 0.63mg (37.24%), Zinc: 5.24mg (34.95%), Iron: 5.99mg (33.26%), Folate: 110.34µg (27.59%), Vitamin B12: 1.51µg (25.15%), Fiber: 6.14g (24.58%), Potassium: 818.94mg (23.4%), Magnesium: 92.98mg (23.25%), Vitamin B1: 0.34mg (22.47%), Vitamin B5: 1.88mg (18.81%), Copper: 0.32mg (16.14%), Vitamin E: 1.67mg (11.15%), Vitamin D: 0.98µg (6.51%)