



Chicken Lasagna Rolls with Chive Cream Sauce

READY IN



75 min.

SERVINGS



6

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce broccoli frozen thawed drained chopped
- 1.5 cups meat from a rotisserie chicken cooked chopped
- 1 tablespoon chives fresh snipped
- 0.1 teaspoon ground pepper black
- 6 lasagna noodles dried
- 8 ounce cream cheese softened reduced-fat (Neufchatel)
- 0.5 cup milk
- 0.3 cup parmesan cheese grated

- 1 cup four cheese pasta sauce classico®
- 0.5 cup bottled roasted peppers sweet red drained sliced

Equipment

- oven
- mixing bowl
- baking pan
- hand mixer
- aluminum foil

Directions

- Preheat oven to 350 degrees F. Cook lasagna noodles according to package directions.
- Drain noodles; rinse with cold water.
- Drain again.
- Cut each in half crosswise; set aside.
- Meanwhile, for white sauce, in a medium mixing bowl, beat cream cheese with an electric mixer on medium to high speed for 30 seconds. Slowly add milk, beating until smooth. Stir in Romano cheese and chives.
- For filling, in a medium mixing bowl, stir together 1/2 cup of the white sauce, the chicken, broccoli, roasted red sweet peppers, and ground black pepper.
- Place about 1/4 cup filling at one end of each cooked noodle.
- Roll up noodles around filling. Arrange rolls, seam sides down, in a 3-quart rectangular baking dish.
- Spoon the Classico® Four Cheese pasta sauce over the rolls. Spoon remaining white sauce over Classico® Four Cheese pasta sauce. Cover with foil.
- Bake for 35 to 40 minutes or until heated through.

Nutrition Facts



PROTEIN 26.17% FAT 31.99% CARBS 41.84%

Properties

Glycemic Index:48.83, Glycemic Load:10.28, Inflammation Score:-8, Nutrition Score:19.052608562552%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 296.19kcal (14.81%), Fat: 10.59g (16.3%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 31.17g (10.39%), Net Carbohydrates: 28.15g (10.24%), Sugar: 6.75g (7.5%), Cholesterol: 51.94mg (17.31%), Sodium: 447.77mg (19.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.49g (38.99%), Vitamin C: 61.19mg (74.17%), Vitamin K: 51.65µg (49.2%), Selenium: 30.59µg (43.7%), Phosphorus: 272.82mg (27.28%), Vitamin A: 1170.41IU (23.41%), Manganese: 0.43mg (21.63%), Vitamin B3: 4.15mg (20.73%), Vitamin B6: 0.38mg (18.81%), Calcium: 169.8mg (16.98%), Potassium: 569.1mg (16.26%), Vitamin B2: 0.27mg (16.06%), Folate: 53.95µg (13.49%), Vitamin B5: 1.31mg (13.13%), Fiber: 3.02g (12.08%), Magnesium: 47.31mg (11.83%), Zinc: 1.66mg (11.05%), Vitamin B12: 0.61µg (10.15%), Copper: 0.19mg (9.4%), Iron: 1.69mg (9.38%), Vitamin E: 1.31mg (8.71%), Vitamin B1: 0.13mg (8.37%), Vitamin D: 0.36µg (2.39%)