



Chicken Portobello Lasagna

READY IN



30 min.

SERVINGS



6

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz baby portobello mushrooms fresh sliced
- ☐ 1 tablespoon butter
- ☐ 10.8 oz cream of mushroom soup reduced-fat canned
- ☐ 10 oz pkt spinach frozen thawed chopped
- ☐ 8 oz cup heavy whipping cream sour reduced-fat
- ☐ 6 no-boil lasagna noodles
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 8 oz block sharp cheddar cheese shredded 2% reduced-fat
- ☐ 18 oz pilgrim's pride eatwellstayhealthy diced boneless skinless
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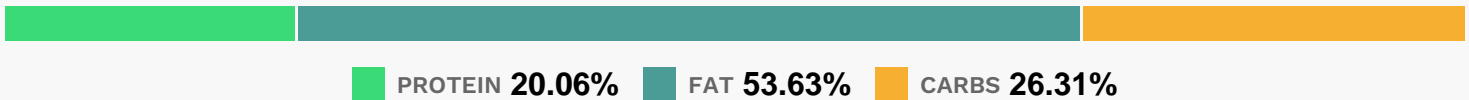
Equipment

- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Drain spinach well, pressing between paper towels.
- ☐ Melt butter in a large Dutch oven over medium-high heat; add chicken and mushrooms, and saut 10 minutes or until chicken is done and mushrooms are tender.
- ☐ Remove from heat. Stir in spinach, soup, and next 3 ingredients; fold in cheese.
- ☐ Spoon one-fourth of chicken mixture in a lightly greased 8- x 8-inch baking dish. Arrange 2 noodles on top of mixture. Repeat layers twice; top with remaining chicken mixture.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Bake, covered, at 350 for 45 minutes; uncover and bake 15 minutes or until bubbly.
- ☐ Let stand 10 minutes before serving.
- ☐ Note: To make ahead, prepare recipe as directed through Step Cover and chill at least 8 hours or up to 24 hours.
- ☐ Let stand at room temperature 30 minutes; proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.27, Inflammation Score:-10, Nutrition Score:22.796956570252%

Nutrients (% of daily need)

Calories: 350.59kcal (17.53%), Fat: 21.4g (32.92%), Saturated Fat: 11.99g (74.96%), Carbohydrates: 23.62g (7.87%), Net Carbohydrates: 20.97g (7.63%), Sugar: 1.79g (1.98%), Cholesterol: 68.8mg (22.93%), Sodium: 832.75mg (36.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.01g (36.01%), Vitamin K: 177.34µg (168.9%), Vitamin A: 6124.02IU (122.48%), Calcium: 408.11mg (40.81%), Selenium: 22.64µg (32.34%), Phosphorus: 295.34mg (29.53%), Manganese: 0.54mg (26.93%), Vitamin B2: 0.41mg (23.95%), Folate: 94.99µg (23.75%), Zinc: 2.71mg (18.08%), Potassium: 525.1mg (15%), Copper: 0.3mg (14.98%), Magnesium: 54.19mg (13.55%), Vitamin E: 1.84mg (12.29%), Vitamin B3: 2.45mg (12.23%), Vitamin B12: 0.7µg (11.62%), Fiber: 2.65g (10.59%), Vitamin B6: 0.19mg (9.69%), Iron: 1.48mg (8.23%), Vitamin B5: 0.74mg (7.41%), Vitamin B1: 0.1mg (6.93%), Vitamin C: 2.94mg (3.56%), Vitamin D: 0.43µg (2.86%)