



WHATSheATE



Chicken, Roasted Red Pepper and Goat Cheese Lasagna



Gluten Free



Popular

READY IN



75 min.

SERVINGS



9

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup butter
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 1 cup feta crumbled
- ☐ 1 handful parsley chopped
- ☐ 2 cloves garlic chopped
- ☐ 6 ounces goat cheese

- ☐ 0.3 cup flour gluten free for (rice flour or masa harina)
- ☐ 2 cups milk
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced
- ☐ 1 teaspoon oregano
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 3 large roasted peppers red
- ☐ 9 servings salt and pepper to taste
- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1 tablespoon tomato paste
- ☐ 6 lasagne pasta sheets gluten free whole wheat for (I used) ()

Equipment

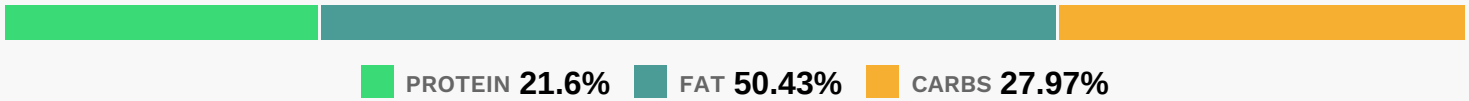
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and red pepper flakes and saute until fragrant, about 1 minute.
- ☐ Add the tomatoes, tomato paste, balsamic vinegar, oregano, salt and pepper and bring to a boil.Reduce the heat and simmer until the sauce starts to thicken, about 15–20 minutes.
- ☐ Mix in the chicken and parsley and set aside.Start cooking the noodles as directed on the package.

- ☐ Heat the butter in a saucepan over medium heat until it is bubbling and it has turned a light golden brown.
- ☐ Mix in the flour and let simmer until it returns to a light golden brown.
- ☐ Mix in the milk, nutmeg and goat cheese and heat until it thickens. Lightly grease the bottom of an 8 inch square baking dish.
- ☐ Place a layer of noodles* followed by 1/2 of the tomato sauce followed by 1/2 of the feta followed by 1/2 of the roasted red peppers followed by 1/3 of the bechamel sauce. Repeat a second layer in the same fashion and top with a final layer of noodles, the remaining bechamel sauce and top with the mozzarella.
- ☐ Bake in a preheated 350F/180C oven until the top is golden brown and the sides are bubbling, about 30-45 minutes.

Nutrition Facts



Properties

Glycemic Index:48.78, Glycemic Load:2.72, Inflammation Score:-7, Nutrition Score:13.586521749911%

Flavonoids

Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 379.21kcal (18.96%), Fat: 21.49g (33.07%), Saturated Fat: 11.69g (73.05%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 24.72g (8.99%), Sugar: 6.01g (6.67%), Cholesterol: 76.76mg (25.59%), Sodium: 860.13mg (37.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.71g (41.43%), Phosphorus: 288.61mg (28.86%), Calcium: 275.59mg (27.56%), Vitamin B2: 0.41mg (23.91%), Selenium: 14.48µg (20.68%), Vitamin B6: 0.4mg (20.17%), Vitamin B3: 3.48mg (17.4%), Vitamin A: 868.45IU (17.37%), Vitamin B12: 1µg (16.58%), Vitamin C: 11.89mg (14.42%), Copper: 0.28mg (13.88%), Vitamin K: 13.85µg (13.2%), Zinc: 1.92mg (12.78%), Iron: 1.94mg (10.76%), Potassium: 374.23mg (10.69%), Vitamin B5: 0.97mg (9.72%), Manganese: 0.19mg (9.28%), Vitamin B1: 0.14mg (9.2%), Magnesium: 35.47mg (8.87%), Fiber: 2.11g (8.45%), Vitamin E: 1.2mg (8.01%), Folate: 21.75µg (5.44%), Vitamin D: 0.79µg (5.26%)