



Classico® Cajun Chicken Lasagna

READY IN



120 min.

SERVINGS



12

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounces creamy alfredo pasta sauce light refrigerated classico®
- ☐ 1 pound premium andouille sausage fully cooked sliced quartered johnsonville®
- ☐ 0.5 cup celery chopped
- ☐ 1 teaspoon sage dried crushed
- ☐ 1 tablespoon garlic finely chopped
- ☐ 0.3 cup bell pepper sweet green chopped
- ☐ 16 lasagna noodles dried
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup parmesan cheese grated

- ☐ 1.5 cups mozzarella cheese shredded
- ☐ 1 pound chicken breast halves boneless skinless cut into 3/4-inch cubes

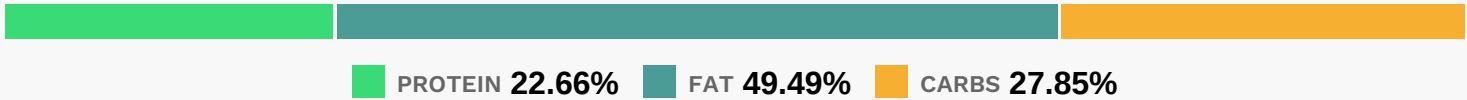
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 325 degree F. Cook noodles according to package directions.
- ☐ Drain; rinse.
- ☐ Combine Johnsonville® Premium Fully Cooked Andouille Sausage, chicken, Cajun seasoning, and sage. In a large skillet cook meat mixture 8 minutes or until chicken is no longer pink.
- ☐ Remove from skillet using a slotted spoon, reserving drippings in skillet. Set meat mixture aside; keep warm. In same skillet cook onion, celery, sweet pepper, and garlic in drippings until vegetables are tender. Stir in meat mixture, one-half of the Classico® Light Creamy Alfredo pasta sauce, and Parmesan cheese.
- ☐ Lightly coat a 13x9x2-inch baking dish or 3-quart rectangular casserole with nonstick spray. Arrange 4 noodles in bottom of dish.
- ☐ Spread with 2 cups of the meat-vegetable mixture.
- ☐ Sprinkle with 1/2 cup of the mozzarella. Repeat layers, ending with noodles. Carefully spread remaining Classico® Light Creamy Alfredo pasta sauce over the top (if sauce is too thick, heat slightly). Cover; bake 1 hour or until heated through.
- ☐ Let stand 15 to 20 minutes before carefully cutting.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:11.52, Inflammation Score:-3, Nutrition Score:13.491739159045%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 470.94kcal (23.55%), Fat: 25.44g (39.14%), Saturated Fat: 10.8g (67.5%), Carbohydrates: 32.23g (10.74%), Net Carbohydrates: 30.78g (11.19%), Sugar: 2.88g (3.2%), Cholesterol: 108.58mg (36.19%), Sodium: 899.39mg (39.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.21g (52.42%), Selenium: 47.5µg (67.85%), Vitamin B3: 6.95mg (34.75%), Phosphorus: 286.83mg (28.68%), Vitamin B6: 0.44mg (22.25%), Manganese: 0.39mg (19.29%), Zinc: 2.29mg (15.27%), Vitamin B12: 0.82µg (13.69%), Calcium: 125.54mg (12.55%), Potassium: 399.56mg (11.42%), Vitamin B1: 0.17mg (11.13%), Vitamin B2: 0.19mg (10.97%), Magnesium: 41.56mg (10.39%), Vitamin B5: 1.03mg (10.32%), Copper: 0.16mg (7.82%), Iron: 1.21mg (6.7%), Fiber: 1.45g (5.78%), Vitamin C: 3.78mg (4.59%), Vitamin D: 0.64µg (4.29%), Vitamin A: 188.59IU (3.77%), Vitamin E: 0.53mg (3.51%), Folate: 12.97µg (3.24%), Vitamin K: 2.15µg (2.05%)