



Creamy Chicken Lasagna

READY IN



110 min.

SERVINGS



8

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 12 oz curd cottage cheese
- ☐ 3 cups roasted chicken diced cooked
- ☐ 21.5 oz cream of chicken soup canned
- ☐ 0.5 teaspoon basil dried
- ☐ 0.8 cup bell pepper green chopped
- ☐ 12 oz lasagne pasta sheets uncooked
- ☐ 0.3 cup milk
- ☐ 0.8 cup onion chopped ()

- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 4 oz cheddar cheese shredded
- ☐ 8 oz mozzarella cheese shredded

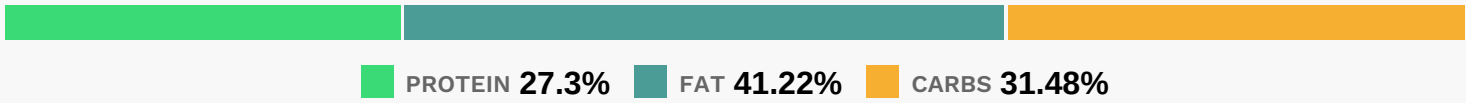
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350F. Spray bottom and sides of 13x9-inch (3-quart) glass baking dish with cooking spray. Cook and drain noodles as directed on package.
- ☐ Meanwhile, in 2-quart saucepan, melt butter over medium-high heat. Cook bell pepper and onions in butter, stirring occasionally, until crisp-tender; remove from heat. Stir in milk, soup, basil and pepper.
- ☐ Place 4 noodles in baking dish. Top with about 1 cup of the soup mixture, half of the cottage cheese, 1 1/2 cups of the chicken, 2/3 cup mozzarella cheese and 1/3 cup Cheddar cheese. Repeat layers once, starting with noodles.
- ☐ Place remaining 4 noodles over top. Top with remaining soup mixture, mozzarella cheese and Cheddar cheese.
- ☐ Sprinkle Parmesan cheese over top.
- ☐ Bake uncovered 50 to 55 minutes or until bubbly and hot in center.
- ☐ Let stand 15 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:16.3, Inflammation Score:-6, Nutrition Score:19.142608580382%

Flavonoids

Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 552.66kcal (27.63%), Fat: 25.03g (38.51%), Saturated Fat: 11.01g (68.81%), Carbohydrates: 43g (14.33%), Net Carbohydrates: 41.1g (14.95%), Sugar: 4.49g (4.99%), Cholesterol: 95.93mg (31.98%), Sodium: 1112mg (48.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.3g (74.6%), Selenium: 56.65µg (80.93%), Phosphorus: 495.39mg (49.54%), Calcium: 379.38mg (37.94%), Vitamin B3: 5.34mg (26.71%), Manganese: 0.52mg (25.88%), Zinc: 3.5mg (23.32%), Vitamin B2: 0.39mg (23.23%), Vitamin B12: 1.27µg (21.21%), Vitamin B6: 0.38mg (18.86%), Vitamin C: 12.42mg (15.06%), Vitamin A: 739.32IU (14.79%), Copper: 0.29mg (14.51%), Magnesium: 56.42mg (14.1%), Iron: 2.34mg (13.01%), Vitamin B5: 1.27mg (12.69%), Potassium: 405.38mg (11.58%), Vitamin B1: 0.13mg (8.49%), Fiber: 1.89g (7.57%), Folate: 26.71µg (6.68%), Vitamin K: 6.56µg (6.25%), Vitamin E: 0.81mg (5.37%), Vitamin D: 0.38µg (2.56%)