



Fiesta Chicken Lasagna

READY IN



85 min.

SERVINGS



8

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 oz salsa thick
- 9 lasagne pasta sheets uncooked
- 9 oz chicken tenderloins frozen thawed cooked
- 15 oz black beans rinsed drained canned
- 0.3 cup cilantro leaves fresh chopped
- 12 oz monterrey jack cheese shredded

Equipment

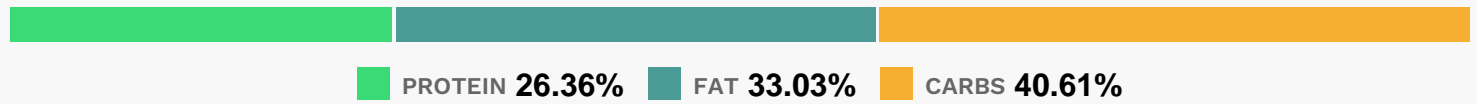
- oven

- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 375°F. In ungreased 13x9-inch (3-quart) glass baking dish, spread 1/4 cup of the salsa.
- Layer with 3 noodles and 1/3 each of the chicken, beans, cilantro, salsa and cheese. Repeat layers twice with remaining noodles, chicken, beans, cilantro, salsa and cheese.
- Cover baking dish with foil.
- Bake 40 minutes. Uncover; bake 15 to 20 minutes longer or until hot in center.
- Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:9.53, Inflammation Score:-7, Nutrition Score:18.537826107896%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 393.21kcal (19.66%), Fat: 14.56g (22.4%), Saturated Fat: 8.45g (52.84%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 33.54g (12.2%), Sugar: 5.38g (5.98%), Cholesterol: 58.26mg (19.42%), Sodium: 1242.27mg (54.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.29%), Selenium: 38µg (54.28%), Phosphorus: 409.25mg (40.93%), Calcium: 376.13mg (37.61%), Manganese: 0.55mg (27.62%), Vitamin B3: 5.51mg (27.53%), Vitamin B6: 0.55mg (27.34%), Fiber: 6.73g (26.92%), Potassium: 681.59mg (19.47%), Vitamin B2: 0.32mg (18.68%), Vitamin A: 916.76IU (18.34%), Magnesium: 72.21mg (18.05%), Zinc: 2.42mg (16.14%), Copper: 0.29mg (14.51%), Folate: 51.87µg (12.97%), Iron: 2.33mg (12.94%), Vitamin B1: 0.17mg (11.31%), Vitamin E: 1.6mg (10.68%), Vitamin B5: 1.01mg (10.09%), Vitamin K: 7.47µg (7.12%), Vitamin B12: 0.42µg (6.95%), Vitamin C: 4.11mg (4.98%), Vitamin D: 0.29µg (1.91%)