



Green Chile Chicken Lasagna

READY IN



95 min.

SERVINGS



10

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz ricotta cheese
- 1 eggs
- 1 cup parmesan cheese grated
- 2 cups roasted chicken cooked chopped
- 10 oz enchilada sauce green canned
- 4 oz chilis green chopped canned
- 8 oz no boil lasagna noodles (12 noodles)
- 16 oz mozzarella cheese shredded

Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Heat oven to 350°F. In medium bowl, mix ricotta cheese, egg and 1/2 cup of the Parmesan cheese; set aside. In another medium bowl, mix chicken, enchilada sauce and green chiles.
- In ungreased 13x9-inch (3-quart) baking dish, spread 1 cup of the chicken mixture. Top with 3 uncooked lasagna noodles; press gently into chicken mixture.
- Spread with 2/3 cup of the ricotta mixture.
- Sprinkle with 1 cup of the mozzarella cheese. Repeat layers 3 times.
- Sprinkle with remaining 1/2 cup Parmesan cheese. Cover with foil.
- Bake 45 minutes.
- Remove foil; bake 10 to 15 minutes longer or until lasagna is tender, cheese is bubbly and edges are lightly browned.
- Let stand 10 minutes before serving.

Nutrition Facts



PROTEIN 28.8% **FAT 47.71%** **CARBS 23.49%**

Properties

Glycemic Index:5.4, Glycemic Load:0.62, Inflammation Score:-5, Nutrition Score:11.470869655194%

Nutrients (% of daily need)

Calories: 399.94kcal (20%), Fat: 21.17g (32.57%), Saturated Fat: 11.69g (73.07%), Carbohydrates: 23.45g (7.82%), Net Carbohydrates: 21.97g (7.99%), Sugar: 2.9g (3.22%), Cholesterol: 113.71mg (37.9%), Sodium: 813.18mg (35.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.75g (57.5%), Calcium: 415.4mg (41.54%), Selenium: 25.65µg (36.64%), Phosphorus: 354.88mg (35.49%), Vitamin B12: 1.43µg (23.9%), Zinc: 2.74mg (18.29%), Vitamin B2: 0.31mg (18.26%), Vitamin A: 820.98IU (16.42%), Vitamin B3: 2.38mg (11.9%), Vitamin B6: 0.18mg (8.95%), Potassium:

235.2mg (6.72%), Iron: 1.14mg (6.35%), Magnesium: 24.11mg (6.03%), Fiber: 1.48g (5.94%), Vitamin C: 4.45mg (5.39%), Vitamin B5: 0.54mg (5.36%), Folate: 18.47µg (4.62%), Vitamin B1: 0.04mg (2.81%), Vitamin D: 0.4µg (2.7%), Copper: 0.04mg (1.85%), Vitamin K: 1.69µg (1.61%), Vitamin E: 0.23mg (1.53%), Manganese: 0.03mg (1.53%)