



Golden-Crusted Chicken-Asparagus Lasagna

READY IN



85 min.

SERVINGS



8

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 ounces lasagne pasta sheets uncooked
- 2 pounds asparagus cut into 2-inch pieces
- 1 tablespoon vegetable oil
- 0.5 teaspoon lemon pepper
- 3 tablespoons butter
- 0.3 cup flour all-purpose
- 1.8 cups chicken broth (from 32-ounce carton)
- 0.5 cup milk
- 2 teaspoons marjoram dried fresh

- 2 cups roasted chicken diced cooked
- 0.5 cup roasted peppers red drained chopped
- 0.8 cup parmesan shredded
- 8 ounces mozzarella cheese shredded
- 0.5 cup whipping cream (heavy)

Equipment

- bowl
- sauce pan
- oven
- baking pan
- hand mixer

Directions

- Heat oven to 350°F. Grease rectangular baking dish, 13x9x2 inches. Cook and drain noodles as directed on package.
- Heat 5 cups water to boiling in 3-quart saucepan.
- Add asparagus; heat to boiling. Boil 3 to 4 minutes or until crisp-tender; drain.
- Place asparagus in bowl. Toss with oil and lemon pepper seasoning salt.
- Melt butter in 2-quart saucepan over medium heat. Stir in flour. Cook 1 minute, stirring constantly. Stir in broth, milk and marjoram.
- Heat to boiling, stirring constantly. Stir in chicken, 1/4 cup of the bell peppers and 1/2 cup of the Parmesan cheese. Cook about 2 minutes or until hot.
- Spread about 1/2 cup of the chicken mixture in baking dish. Top with 3 noodles, 1 1/2 cups chicken mixture, half of the asparagus and 1 cup of the mozzarella cheese. Repeat layers, starting with noodles. Top with remaining 3 noodles.
- Beat whipping cream in chilled small bowl with electric mixer on high speed until stiff peaks form.
- Spread over top of lasagna.
- Sprinkle with remaining 1/4 cup bell peppers and 1/4 cup Parmesan cheese.

Bake uncovered 40 to 45 minutes or until hot in center and top is golden brown.

Let stand 10 minutes before cutting.

Nutrition Facts

PROTEIN 23.53% **FAT 46.68%** **CARBS 29.79%**

Properties

Glycemic Index:34.13, Glycemic Load:12.91, Inflammation Score:-8, Nutrition Score:21.815652411917%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 453.01kcal (22.65%), Fat: 23.66g (36.4%), Saturated Fat: 10.89g (68.09%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 30.31g (11.02%), Sugar: 4.75g (5.28%), Cholesterol: 74.69mg (24.9%), Sodium: 728.32mg (31.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.83g (53.66%), Selenium: 40.6µg (58%), Vitamin K: 52.04µg (49.56%), Phosphorus: 385.4mg (38.54%), Calcium: 329.71mg (32.97%), Vitamin A: 1616.89IU (32.34%), Manganese: 0.57mg (28.52%), Vitamin B2: 0.45mg (26.2%), Vitamin B3: 4.89mg (24.42%), Iron: 3.8mg (21.12%), Folate: 78.38µg (19.6%), Zinc: 2.86mg (19.06%), Vitamin B1: 0.28mg (18.71%), Copper: 0.36mg (18.05%), Vitamin B6: 0.34mg (17.2%), Vitamin B12: 0.98µg (16.37%), Fiber: 3.65g (14.62%), Magnesium: 55.59mg (13.9%), Potassium: 477.97mg (13.66%), Vitamin C: 10.53mg (12.77%), Vitamin E: 1.86mg (12.41%), Vitamin B5: 1mg (9.97%), Vitamin D: 0.57µg (3.77%)