



Heavenly Chicken Lasagna

READY IN



45 min.

SERVINGS



10

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce alfredo sauce refrigerated reduced-fat
- ☐ 1 tablespoon butter
- ☐ 2.5 cups roasted chicken cooked chopped
- ☐ 9 lasagna noodles cooked
- ☐ 1 cup curd cottage cheese
- ☐ 10.5 ounce cream of chicken soup undiluted reduced-fat canned
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 cup wine dry white
- ☐ 1 large eggs lightly beaten

- ☐ 10 ounce spinach frozen thawed chopped
- ☐ 6 ounce mushrooms drained sliced
- ☐ 0.5 large onion
- ☐ 0.5 cup parmesan cheese grated
- ☐ 7 ounce pimientos diced undrained
- ☐ 1 cup ricotta cheese
- ☐ 12 ounces sharp cheddar cheese shredded divided

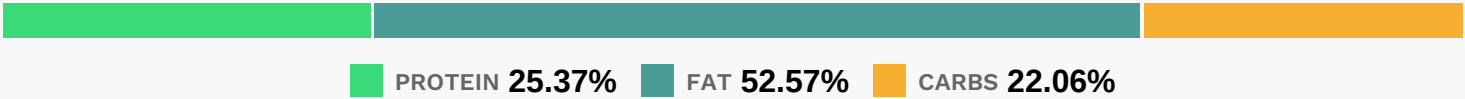
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Melt butter in a skillet over medium-high heat.
- ☐ Add onion, and saut 5 minutes or until tender. Stir in soup and next 5 ingredients. Reserve 1 cup sauce.
- ☐ Drain spinach well, pressing between layers of paper towels.
- ☐ Stir together spinach, cottage cheese, and next 3 ingredients.
- ☐ Place 3 lasagna noodles in a lightly greased 13- x 9-inch baking dish.
- ☐ Layer with half each of sauce, spinach mixture, and chicken.
- ☐ Sprinkle with 1 cup Cheddar cheese. Repeat procedure. Top with remaining 3 noodles and reserved 1 cup sauce. Cover and chill up to 1 day ahead.
- ☐ Bake at 350 for 45 minutes.
- ☐ Sprinkle with remaining 1 cup Cheddar cheese, and bake 5 more minutes or until cheese is melted.
- ☐ Let stand 10 minutes before serving.
- ☐ NOTE: For testing purposes only, we used Cantadina Light Alfredo Sauce, found in the dairy section of the supermarket.

Nutrition Facts



Properties

Glycemic Index:29.15, Glycemic Load:9.81, Inflammation Score:-10, Nutrition Score:26.301304454389%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 489.58kcal (24.48%), Fat: 28.18g (43.36%), Saturated Fat: 13.71g (85.68%), Carbohydrates: 26.61g (8.87%), Net Carbohydrates: 24.05g (8.74%), Sugar: 3.25g (3.62%), Cholesterol: 120.42mg (40.14%), Sodium: 869.5mg (37.8%), Alcohol: 0.82g (100%), Alcohol %: 0.33% (100%), Protein: 30.6g (61.19%), Vitamin K: 110.81µg (105.54%), Vitamin A: 4521.15IU (90.42%), Selenium: 45.35µg (64.78%), Phosphorus: 414.49mg (41.45%), Calcium: 410.89mg (41.09%), Vitamin B2: 0.5mg (29.37%), Vitamin C: 23.14mg (28.05%), Manganese: 0.46mg (23.04%), Zinc: 3.11mg (20.76%), Vitamin B3: 4.09mg (20.45%), Vitamin B6: 0.36mg (17.94%), Folate: 68.48µg (17.12%), Iron: 2.82mg (15.64%), Magnesium: 60.33mg (15.08%), Vitamin B12: 0.76µg (12.62%), Copper: 0.25mg (12.56%), Potassium: 417.68mg (11.93%), Vitamin B5: 1.16mg (11.59%), Vitamin E: 1.61mg (10.74%), Fiber: 2.57g (10.27%), Vitamin B1: 0.11mg (7.14%), Vitamin D: 0.43µg (2.89%)