

Lasagna Alfredo

 Popular

READY IN



90 min.

SERVINGS



8

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 chicken breast halves diced boneless cooked
- 10 ounce pkt spinach frozen chopped
- 8 servings salt and ground pepper black to taste
- 16 ounce lasagna noodles
- 32 ounce pasta sauce alfredo-style
- 2 pints ricotta cheese
- 4 cups mozzarella cheese shredded

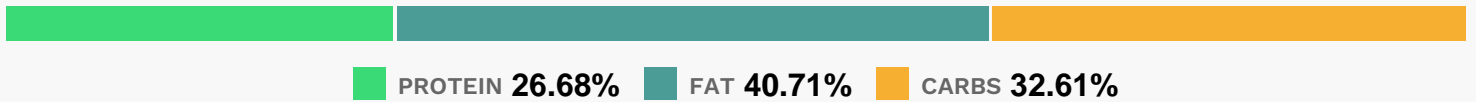
Equipment

- bowl
- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain. Cook spinach according to package directions; drain.
- In a medium bowl, combine chicken and one jar of Alfredo sauce, stir together. In a separate bowl, combine ricotta and drained, cooked spinach, and stir.
- In a 9 x 13 baking dish, place one layer of lasagna noodles, edges overlapping.
- Pour chicken and Alfredo sauce mixture over noodle layer and spread evenly.
- Sprinkle 1 cup of shredded mozzarella over chicken mixture. Top with another layer of noodles.
- Spread spinach mixture evenly over noodles.
- Pour 1/2 of remaining jar of Alfredo sauce over spinach mixture, spread evenly.
- Sprinkle another cup of mozzarella over sauce, lay on the final noodle layer and top with remaining 1/2 jar of Alfredo sauce, 2 cups of mozzarella, and salt and pepper to taste.
- Bake 50 to 60 minutes, until top is brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:20.28, Inflammation Score:-10, Nutrition Score:36.003043402796%

Nutrients (% of daily need)

Calories: 670.24kcal (33.51%), Fat: 30.37g (46.72%), Saturated Fat: 17.64g (110.23%), Carbohydrates: 54.74g (18.25%), Net Carbohydrates: 50.17g (18.24%), Sugar: 6.68g (7.42%), Cholesterol: 131.69mg (43.9%), Sodium: 1066.79mg (46.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.78g (89.56%), Vitamin K: 137.89µg

(131.33%), Selenium: 78.88µg (112.68%), Vitamin A: 5564.57IU (111.29%), Phosphorus: 629.43mg (62.94%), Calcium: 603.73mg (60.37%), Manganese: 0.93mg (46.69%), Vitamin B2: 0.62mg (36.4%), Vitamin B3: 6.87mg (34.35%), Vitamin B6: 0.64mg (32.09%), Zinc: 4.5mg (30.01%), Vitamin B12: 1.76µg (29.4%), Magnesium: 109.04mg (27.26%), Potassium: 910.73mg (26.02%), Folate: 91.62µg (22.91%), Vitamin E: 3.04mg (20.27%), Copper: 0.39mg (19.45%), Iron: 3.36mg (18.65%), Fiber: 4.57g (18.27%), Vitamin B5: 1.56mg (15.64%), Vitamin C: 10.4mg (12.6%), Vitamin B1: 0.17mg (11.4%), Vitamin D: 0.5µg (3.35%)