



Lasagna-Chicken Florentine

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 3 ounces cheddar cheese reduced-fat
- 6 ounces chicken shredded cooked
- 24 ounce evaporated skim milk canned
- 3 tablespoons flour all-purpose
- 0.1 teaspoon nutmeg
- 1.5 tablespoons butter
- 6 no boil lasagna noodles

- 0.5 teaspoon salt
- 10 ounce spinach frozen dry thawed drained chopped

Equipment

- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 45
- Melt margarine in a medium saucepan over medium heat.
- Add flour; cook 30 seconds, stirring constantly. Gradually add milk, stirring with a whisk until blended. Stir in salt and nutmeg; cook until thick, stirring constantly (about 3 minutes).
- Spread 1/2 cup sauce in bottom of an 8-inch square baking dish coated with cooking spray. Arrange 2 noodles over sauce; top with half of chicken and half of spinach.
- Sprinkle with 1/4 teaspoon pepper; top with 3/4 cup sauce. Repeat layers, ending with noodles.
- Spread remaining sauce over noodles. Cover and bake at 450 for 25 minutes or until noodles are tender and sauce is bubbly. Uncover and top with cheese; bake an additional 5 minutes.
- Let stand 5 minutes.

Nutrition Facts



PROTEIN 29.75% **FAT 29.78%** **CARBS 40.47%**

Properties

Glycemic Index:51, Glycemic Load:3.29, Inflammation Score:-10, Nutrition Score:31.920434910318%

Nutrients (% of daily need)

Calories: 466.6kcal (23.33%), Fat: 15.59g (23.98%), Saturated Fat: 5.99g (37.45%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 44.43g (16.16%), Sugar: 20.44g (22.71%), Cholesterol: 72.01mg (24%), Sodium: 759.37mg

(33.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.04g (70.07%), Vitamin K: 264.59µg (251.99%), Vitamin A: 9400.55IU (188.01%), Calcium: 743.96mg (74.4%), Phosphorus: 553.26mg (55.33%), Vitamin B2: 0.87mg (51.23%), Selenium: 26.9µg (38.43%), Folate: 135.1µg (33.78%), Manganese: 0.59mg (29.57%), Magnesium: 115.7mg (28.92%), Potassium: 1000.61mg (28.59%), Vitamin D: 3.53µg (23.53%), Zinc: 3.4mg (22.66%), Vitamin B3: 4.35mg (21.77%), Vitamin B6: 0.41mg (20.41%), Vitamin B5: 1.86mg (18.56%), Vitamin E: 2.38mg (15.89%), Iron: 2.67mg (14.84%), Vitamin B1: 0.22mg (14.72%), Fiber: 3.25g (12.99%), Vitamin B12: 0.76µg (12.7%), Copper: 0.17mg (8.64%), Vitamin C: 5.95mg (7.21%)