



Lasagna de Pollo con Champiñones (Chicken and Mushroom Lasagna)

READY IN



45 min.

SERVINGS



8

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken broth
- 4 chicken breast shredded cooked
- 0.3 cup flour all-purpose
- 0.5 tablespoon thyme leaves fresh
- 1 lb lasagna noodles dried
- 3 cups milk
- 8 servings nutmeg freshly grated to taste
- 3 Tbs olive oil

- 0.3 cup onions finely chopped
- 1 cup parmesan cheese grated
- 1 pound portabello mushrooms diced
- 8 servings salt and pepper freshly ground to taste
- 1 lb whole-milk mozzarella cheese shredded
- 4 Tbs butter unsalted

Equipment

- frying pan
- sauce pan
- oven
- whisk
- pot
- baking pan

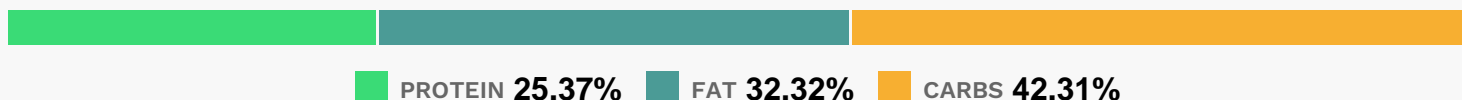
Directions

- Bring a large pot full of salted water to a boil over high heat.
- Add the noodles and cook until al dente, 8 to 12 minutes.
- Drain, immerse in cold water to cool and drain again.
- Lay the noodles on a towel and cover. In a fry pan over medium-low heat, warm the olive oil.
- Add the mushrooms, thyme, onion, garlic and sauté until very soft and lightly golden, about 15 minutes.
- Add the shredded chicken and chicken broth, stir and cook for about 5 more minutes. Set aside. In a saucepan over medium heat, bring the milk to just below a boil. In another saucepan over medium-high heat, melt the butter. Stir the flour into the butter and cook, stirring, for 2 minutes.
- Remove from the heat and gradually whisk in the hot milk. Set over medium-low heat and cook, stirring, until thick and smooth, 3 to 4 minutes. Season with salt, pepper and nutmeg.
- Remove the sauce from the heat. Position a rack in the upper third of an oven and preheat to 375°F. Grease a 9-by-13-inch baking dish with olive oil. Cover the bottom of the baking dish

with a layer of the noodles. Spoon one-third of the white sauce over the noodles. Top with one-third of the mushroom-chicken mixture and then with one-third of the mozzarella cheese. Repeat the layering twice.

- Sprinkle the parmesan evenly over the top.
- Bake until golden and bubbling, 40 to 50 minutes.
- Let stand for 15 minutes, then cut into squares and serve.
- Remove the sauce from the heat.

Nutrition Facts



Properties

Glycemic Index:37.13, Glycemic Load:21.32, Inflammation Score:-8, Nutrition Score:23.660434707351%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 536.49kcal (26.82%), Fat: 19.33g (29.74%), Saturated Fat: 8.74g (54.64%), Carbohydrates: 56.95g (18.98%), Net Carbohydrates: 52.71g (19.17%), Sugar: 9.04g (10.04%), Cholesterol: 47.99mg (16%), Sodium: 933.48mg (40.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.14g (68.29%), Selenium: 64.84µg (92.63%), Calcium: 791.24mg (79.12%), Phosphorus: 725.65mg (72.57%), Manganese: 0.68mg (33.98%), Zinc: 4.35mg (29%), Vitamin B2: 0.48mg (28.4%), Vitamin B12: 1.23µg (20.49%), Vitamin B3: 4.03mg (20.15%), Copper: 0.39mg (19.28%), Magnesium: 70.23mg (17.56%), Fiber: 4.24g (16.96%), Potassium: 579.9mg (16.57%), Vitamin A: 729.93IU (14.6%), Vitamin B6: 0.29mg (14.52%), Vitamin B5: 1.31mg (13.12%), Vitamin B1: 0.19mg (12.95%), Folate: 42.55µg (10.64%), Vitamin D: 1.35µg (8.97%), Iron: 1.52mg (8.46%), Vitamin E: 1.19mg (7.95%), Vitamin K: 5.14µg (4.9%), Vitamin C: 1.13mg (1.37%)