



Lemon Chicken Lasagna

READY IN



80 min.

SERVINGS



6

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounces creamy alfredo pasta sauce light classico®
- ☐ 1 tablespoon capers drained
- ☐ 9 ounce chicken breast strips refrigerated frozen thawed cooked (, if)
- ☐ 1.5 teaspoons lemon zest shredded finely
- ☐ 6 no-boil lasagna noodles
- ☐ 0.3 cup parmesan cheese shredded finely
- ☐ 15 ounce ricotta cheese
- ☐ 6 ounces mozzarella cheese shredded

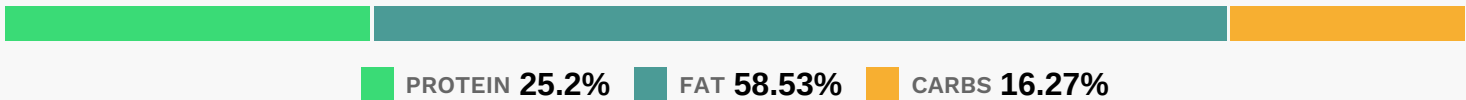
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Lightly coat a 2-quart square baking dish with cooking spray; set aside. In a saucepan combine Classico® Light Creamy Alfredo pasta sauce and capers. Bring to boiling over medium heat, stirring occasionally. Spoon 1/3 cup of Classico® Light Creamy Alfredo pasta sauce into prepared dish. Top with 2 lasagna noodles. In a bowl stir together ricotta, 1 cup of the fontina cheese, and 1 teaspoon of the lemon peel. Spoon half the cheese mixture over noodles.
- ☐ Sprinkle with 2 tablespoons Parmesan. Top with half the chicken. Spoon half the remaining pasta sauce over chicken layer.
- ☐ Top with 2 more noodles, remaining ricotta mixture, and remaining chicken.
- ☐ Add 2 more noodles, remaining sauce, and sprinkle with remaining fontina and Parmesan.
- ☐ Cover with foil.
- ☐ Bake for 40 minutes.
- ☐ Let stand, covered, on wire rack for 20 minutes before serving.
- ☐ Sprinkle with remaining lemon peel.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:11.071304227995%

Flavonoids

Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 474.08kcal (23.7%), Fat: 30.45g (46.84%), Saturated Fat: 16.73g (104.59%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 18.31g (6.66%), Sugar: 2.07g (2.31%), Cholesterol: 146.22mg (48.74%), Sodium: 898.41mg (39.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.49g (58.98%), Selenium: 29.66µg (42.37%), Calcium: 342.54mg (34.25%), Phosphorus: 330.75mg (33.07%), Vitamin B3: 4.56mg (22.8%), Vitamin B6: 0.36mg (18.22%), Vitamin B12: 1.02µg (17.04%), Vitamin B2: 0.28mg (16.3%), Zinc: 2.02mg (13.44%), Vitamin A: 554.42IU (11.09%), Potassium: 301.86mg (8.62%), Vitamin B5: 0.82mg (8.18%), Magnesium: 26.87mg (6.72%), Iron: 0.61mg (3.4%), Folate: 12.85µg (3.21%), Vitamin B1: 0.05mg (3.14%), Fiber: 0.74g (2.95%), Vitamin D: 0.32µg (2.12%), Vitamin K: 1.92µg (1.82%), Copper: 0.04mg (1.81%), Vitamin E: 0.23mg (1.57%), Vitamin C: 1.21mg (1.47%), Manganese: 0.02mg (1.05%)