



WHATSheATE



Make-Ahead White Chicken Lasagna

READY IN



615 min.

SERVINGS



12

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 lb chicken breast boneless skinless cut into 1/2-inch pieces
- ☐ 1.5 cups bell pepper red coarsely chopped (2 medium)
- ☐ 1 cup celery finely chopped
- ☐ 0.5 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup chicken broth
- ☐ 4 oz cream cheese
- ☐ 2 cups gouda cheese shredded

- ☐ 12 oz curd cottage cheese
- ☐ 0.3 cup basil fresh cut into thin strips
- ☐ 1 eggs beaten
- ☐ 9 lasagne pasta sheets uncooked
- ☐ 16 oz mozzarella cheese sliced
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 sprigs basil fresh chopped
- ☐ 2 cups frangelico

Equipment

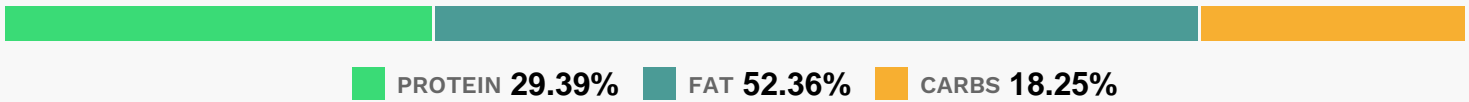
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven
- ☐ glass baking pan

Directions

- ☐ Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 4-quart Dutch oven, melt butter over medium-high heat.
- ☐ Add chicken; cook 3 minutes, stirring occasionally. Stir in bell pepper, celery, onion and garlic; cook about 2 minutes, stirring occasionally, until chicken is no longer pink in center.
- ☐ Reduce heat to low.
- ☐ Add half-and-half, broth and cream cheese; cook and stir until cream cheese is melted. Gradually add Gouda cheese, stirring until cheese is melted.
- ☐ Remove from heat; set aside. In bowl, mix cottage cheese, 1/4 cup fresh basil and the egg until blended.
- ☐ Spread 1 cup chicken mixture in baking dish. Top with 3 noodles, 1 1/2 cups chicken mixture, 1/2 of the cottage cheese mixture and 1/2 of the mozzarella cheese. Repeat layers once, starting with noodles. Top with remaining 3 noodles and remaining chicken mixture.

- ☐ Sprinkle with Parmesan cheese. Cover with foil; refrigerate at least 8 hours or overnight.
- ☐ Heat oven to 350°F.
- ☐ Bake lasagna covered 45 minutes. Uncover; bake 30 to 35 minutes longer or until noodles are tender and casserole is bubbly. Cover; let stand 15 minutes before serving.
- ☐ Garnish with basil sprigs.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:7.62, Inflammation Score:-8, Nutrition Score:19.844782673794%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 476.98kcal (23.85%), Fat: 27.58g (42.43%), Saturated Fat: 15.56g (97.22%), Carbohydrates: 21.64g (7.21%), Net Carbohydrates: 20.31g (7.38%), Sugar: 4.18g (4.65%), Cholesterol: 130.83mg (43.61%), Sodium: 857.33mg (37.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.83g (69.65%), Selenium: 43.86µg (62.65%), Phosphorus: 567.63mg (56.76%), Calcium: 553.82mg (55.38%), Vitamin C: 25.33mg (30.7%), Vitamin B12: 1.78µg (29.66%), Vitamin A: 1409.52IU (28.19%), Vitamin B2: 0.42mg (24.58%), Zinc: 3.63mg (24.21%), Vitamin B3: 4.65mg (23.27%), Vitamin B6: 0.46mg (23.11%), Manganese: 0.28mg (13.94%), Magnesium: 49.48mg (12.37%), Vitamin B5: 1.19mg (11.92%), Potassium: 394.95mg (11.28%), Folate: 35.79µg (8.95%), Vitamin K: 8.33µg (7.94%), Vitamin B1: 0.1mg (6.46%), Copper: 0.12mg (5.89%), Fiber: 1.33g (5.33%), Vitamin E: 0.79mg (5.26%), Iron: 0.93mg (5.19%), Vitamin D: 0.51µg (3.39%)