



Mexican Chicken-Sour Cream Lasagna

READY IN



105 min.

SERVINGS



8

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 lasagne pasta sheets uncooked
- ☐ 21.5 oz cream of chicken soup canned
- ☐ 8 oz cream sour
- ☐ 0.3 cup milk
- ☐ 1.3 teaspoons ground cumin
- ☐ 0.5 teaspoon garlic powder
- ☐ 3 cups roasted chicken cubed cooked
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 0.5 cup spring onion sliced

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 12 oz monterrey jack cheese shredded mexican-style finely
- ☐ 1 cup bell pepper red chopped
- ☐ 2.3 oz olives ripe drained sliced canned
- ☐ 1 cup tortilla chips crushed
- ☐ 1 leaves cilantro leaves fresh whole chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray bottom and sides of 13x9-inch (3-quart) glass baking dish with cooking spray. Cook and drain noodles as directed on package. Meanwhile, in large bowl, mix soup, sour cream, milk, cumin, garlic powder, chicken and chiles.
- ☐ Spread about 1 1/4 cups of the chicken mixture in baking dish. Top with 4 noodles.
- ☐ Spread 1 1/4 cups chicken mixture over noodles; sprinkle with onions and cilantro.
- ☐ Sprinkle with 1 cup of the cheese.
- ☐ Top with 4 noodles.
- ☐ Spread 1 1/4 cups chicken mixture over noodles; sprinkle with bell pepper and olives.
- ☐ Sprinkle with 1 cup of the cheese. Top with 4 noodles; spread with remaining chicken mixture.
- ☐ Bake uncovered 30 minutes; sprinkle with tortilla chips and remaining 1 cup cheese.
- ☐ Bake 15 to 30 minutes longer or until bubbly and hot in center.
- ☐ Sprinkle with additional cilantro.
- ☐ Let stand 15 minutes before cutting.

Nutrition Facts



 PROTEIN **21.45%**  FAT **45.55%**  CARBS **33%**

Properties

Glycemic Index:36, Glycemic Load:15.51, Inflammation Score:-8, Nutrition Score:21.892173881116%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 622.67kcal (31.13%), Fat: 31.52g (48.49%), Saturated Fat: 14.07g (87.97%), Carbohydrates: 51.38g (17.13%), Net Carbohydrates: 48.12g (17.5%), Sugar: 4.18g (4.65%), Cholesterol: 100.96mg (33.65%), Sodium: 1074.28mg (46.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.39g (66.79%), Selenium: 49.14µg (70.2%), Phosphorus: 466.11mg (46.61%), Calcium: 415.13mg (41.51%), Vitamin C: 30.52mg (37%), Vitamin A: 1451.14IU (29.02%), Vitamin B3: 5.7mg (28.48%), Manganese: 0.5mg (25.09%), Vitamin K: 25.15µg (23.95%), Vitamin B2: 0.4mg (23.54%), Zinc: 3.32mg (22.15%), Vitamin B6: 0.43mg (21.71%), Iron: 3.17mg (17.62%), Magnesium: 70.15mg (17.54%), Copper: 0.31mg (15.29%), Vitamin B5: 1.31mg (13.06%), Fiber: 3.26g (13.04%), Potassium: 448.3mg (12.81%), Vitamin E: 1.86mg (12.4%), Folate: 44.07µg (11.02%), Vitamin B12: 0.61µg (10.1%), Vitamin B1: 0.14mg (9.12%), Vitamin D: 0.34µg (2.26%)