



WHATSheATE



Salsa Verde Lasagna

READY IN



60 min.

SERVINGS



9

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups curd cottage cheese
- ☐ 2 eggs
- ☐ 0.5 cup monterey jack cheese shredded
- ☐ 2 cups salsa verde
- ☐ 0.5 cup cheddar shredded
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 2 cups meat from a rotisserie chicken shredded cooked
- ☐ 8 ounces lasagne pasta sheets whole wheat (I used)

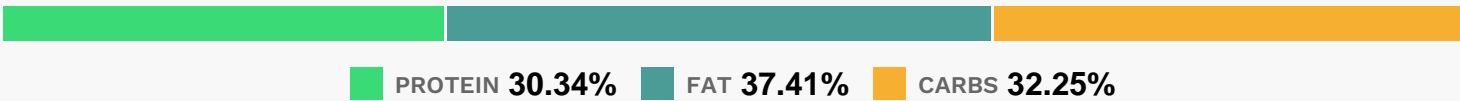
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Start cooking the noodles, if required.
- ☐ Mix the ricotta, cheddar, jack and eggs.
- ☐ Mix the salsa verde and chicken.Lightly grease the bottom of an 8 inch square baking dish.
- ☐ Place a layer of noodles followed by 1/2 of the the cheese mixture followed by 1/2 of the salsa verde mixture. Repeat a second layer in the same fashion and top with a final layer of noodles and top with the cheddar and jack cheese.
- ☐ Bake in a preheated 350F oven until the top is golden brown and the sides are bubbling, about 30-45 minutes.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.55, Inflammation Score:-5, Nutrition Score:13.156956619543%

Nutrients (% of daily need)

Calories: 301.1kcal (15.05%), Fat: 12.46g (19.17%), Saturated Fat: 5.41g (33.8%), Carbohydrates: 24.16g (8.05%), Net Carbohydrates: 24.16g (8.79%), Sugar: 4.59g (5.1%), Cholesterol: 86.39mg (28.8%), Sodium: 678.31mg (29.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.74g (45.48%), Selenium: 38.39µg (54.84%), Manganese: 0.78mg (39.04%), Phosphorus: 309.34mg (30.93%), Calcium: 196.57mg (19.66%), Vitamin B3: 3.81mg (19.07%), Vitamin B2: 0.29mg (16.95%), Zinc: 2.05mg (13.64%), Magnesium: 52.84mg (13.21%), Vitamin A: 623.84IU (12.48%), Vitamin B6: 0.24mg (11.85%), Vitamin B1: 0.16mg (10.95%), Vitamin B5: 1.04mg (10.45%), Vitamin B12: 0.58µg (9.64%), Potassium: 307.85mg (8.8%), Iron: 1.56mg (8.68%), Copper: 0.16mg (7.99%), Folate: 30.31µg (7.58%), Vitamin D: 0.36µg (2.39%), Vitamin C: 1.91mg (2.31%), Vitamin E: 0.25mg (1.69%)