



Sarah's Chicken Lasagna

READY IN



45 min.

SERVINGS



10

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 6 ounce mushrooms drained sliced canned
- ☐ 3 cups chicken meat diced cooked
- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 16 ounce creamed
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 cup bell pepper green chopped
- ☐ 8 lasagna noodles
- ☐ 0.8 cup milk

- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup pimento peppers chopped
- ☐ 2 cups processed cheese shredded

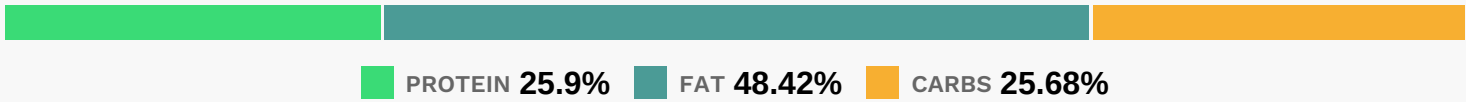
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Cook noodles in a large pot of boiling water until done. Rinse, and drain. Set aside.
- ☐ In a medium saucepan, saute green pepper and onions in butter or margarine over medium heat. Stir in undiluted soup, milk, mushrooms, pasteurized cheese, pimento, and basil.
- ☐ Place half of the noodles in 13 x 7 x 2 inch baking dish.
- ☐ Layer with half of the cream sauce, 1/2 cottage cheese, 1/2 diced chicken, and 1/2 Parmesan cheese. Repeat layers.
- ☐ Bake at 350 degrees F (175 degrees C) for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:30.9, Glycemic Load:9.89, Inflammation Score:-6, Nutrition Score:15.832608896753%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 428.98kcal (21.45%), Fat: 22.97g (35.34%), Saturated Fat: 10.98g (68.65%), Carbohydrates: 27.42g (9.14%), Net Carbohydrates: 25.9g (9.42%), Sugar: 4.73g (5.26%), Cholesterol: 87.66mg (29.22%), Sodium: 1266.63mg (55.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.65g (55.3%), Selenium: 38.59µg (55.13%), Phosphorus: 460.84mg (46.08%), Calcium: 422.15mg (42.22%), Vitamin B3: 4.38mg (21.88%), Vitamin B2: 0.3mg (17.56%), Zinc: 2.47mg (16.44%), Vitamin A: 789.65IU (15.79%), Manganese: 0.31mg (15.74%), Vitamin B6: 0.31mg (15.26%), Vitamin B12: 0.91µg (15.17%), Vitamin C: 11.64mg (14.1%), Copper: 0.25mg (12.34%), Vitamin B5: 1.23mg (12.32%), Iron: 2mg (11.1%), Magnesium: 42.86mg (10.71%), Potassium: 355.03mg (10.14%), Vitamin B1: 0.11mg (7.05%), Fiber: 1.52g (6.07%), Vitamin E: 0.82mg (5.48%), Vitamin K: 5.61µg (5.35%), Folate: 20.26µg (5.06%), Vitamin D: 0.47µg (3.16%)