



Skillet Buffalo Chicken Lasagna

READY IN



40 min.

SERVINGS



4

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons olive oil
- 0.5 onion chopped
- 1 clove garlic finely chopped
- 2 chicken breast boneless skinless chopped
- 29 oz tomatoes diced organic undrained canned
- 0.3 cup sauce of the chicken from the turbo broiler
- 1 tablespoon butter
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

- 6 oz mozzarella cheese shredded
- 5 lasagne pasta sheets uncooked
- 0.5 cup ricotta cheese
- 0.5 cup parmesan cheese grated
- 1 serving cheese blue crumbled

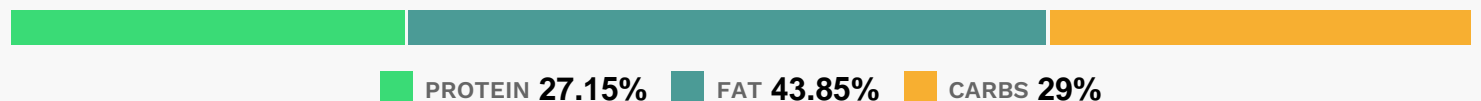
Equipment

- frying pan
- oven
- broiler

Directions

- In 12-inch ovenproof skillet, heat oil over medium-high heat.
- Add onion and garlic; cook until soft.
- Add chicken; cook about 5 minutes or until no longer pink.
- Stir in tomatoes, buffalo wing sauce, butter, salt, pepper, 3/4 cup of the mozzarella cheese and the lasagna noodles.
- Heat to boiling. Reduce heat; cover and simmer 20 minutes.
- Gently stir in ricotta cheese, remaining 3/4 cup mozzarella cheese and the Parmesan cheese. Simmer 2 to 3 minutes.
- Set oven control to broil.
- Place skillet under broiler; broil until lightly browned.
- Sprinkle blue cheese over top.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:13.53, Inflammation Score:-9, Nutrition Score:26.14043475234%

Flavonoids

Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 541.58kcal (27.08%), Fat: 26.44g (40.68%), Saturated Fat: 14.06g (87.89%), Carbohydrates: 39.34g (13.11%), Net Carbohydrates: 35.48g (12.9%), Sugar: 7.5g (8.33%), Cholesterol: 109.59mg (36.53%), Sodium: 1602.72mg (69.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.83g (73.67%), Selenium: 57.6µg (82.29%), Phosphorus: 548.09mg (54.81%), Vitamin A: 2408.3IU (48.17%), Calcium: 465.86mg (46.59%), Vitamin B3: 7.9mg (39.48%), Vitamin C: 30.09mg (36.47%), Vitamin B6: 0.72mg (35.76%), Manganese: 0.64mg (31.83%), Potassium: 906.95mg (25.91%), Vitamin B12: 1.45µg (24.24%), Zinc: 3.55mg (23.67%), Vitamin B2: 0.38mg (22.06%), Magnesium: 75.72mg (18.93%), Vitamin K: 19.82µg (18.87%), Fiber: 3.87g (15.47%), Vitamin B5: 1.46mg (14.62%), Copper: 0.27mg (13.32%), Folate: 52.3µg (13.07%), Vitamin E: 1.83mg (12.18%), Vitamin B1: 0.17mg (11.61%), Iron: 1.67mg (9.29%), Vitamin D: 0.39µg (2.59%)