



Skillet Buffalo Chicken Lasagna

♥♥ Popular

READY IN



40 min.

SERVINGS



4

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cheese blue crumbled
- ☐ 0.3 cup sauce of the chicken from the turbo broiler
- ☐ 1 tablespoon butter
- ☐ 1 clove garlic finely chopped
- ☐ 5 lasagne pasta sheets uncooked
- ☐ 2 teaspoons olive oil
- ☐ 0.5 onion chopped
- ☐ 0.5 cup parmesan cheese grated

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup ricotta cheese
- ☐ 0.5 teaspoon salt
- ☐ 6 oz mozzarella cheese shredded
- ☐ 2 chicken breast boneless skinless chopped
- ☐ 29 oz tomatoes diced organic undrained canned

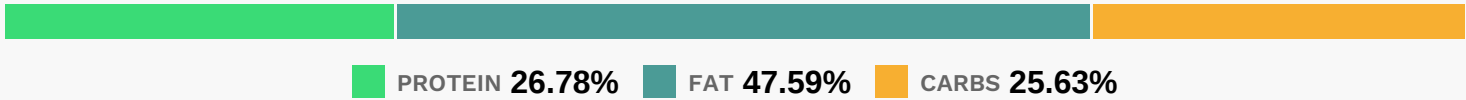
Equipment

- ☐ 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:13.67, Inflammation Score:-9, Nutrition Score:28.626956556154%

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: 621kcal (31.05%), Fat: 32.9g (50.62%), Saturated Fat: 18.27g (114.19%), Carbohydrates: 39.87g (13.29%), Net Carbohydrates: 36g (13.09%), Sugar: 7.61g (8.46%), Cholesterol: 126.46mg (42.15%), Sodium: 1861.47mg (80.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.65g (83.3%), Selenium: 60.87µg (86.95%), Phosphorus: 635.17mg (63.52%), Calcium: 584.66mg (58.47%), Vitamin A: 2579.98IU (51.6%), Vitamin B3: 8.13mg (40.63%), Vitamin B6: 0.75mg (37.63%), Vitamin C: 30.09mg (36.47%), Manganese: 0.64mg (31.93%), Vitamin B12: 1.73µg (28.81%), Zinc: 4.15mg (27.66%), Potassium: 964.55mg (27.56%), Vitamin B2: 0.46mg (27.12%), Magnesium: 80.89mg (20.22%), Vitamin K: 20.36µg (19.39%), Vitamin B5: 1.85mg (18.51%), Fiber: 3.87g (15.47%), Folate: 60.4µg (15.1%), Copper: 0.28mg (13.77%), Vitamin E: 1.88mg (12.55%), Vitamin B1: 0.18mg (12.05%), Iron: 1.74mg (9.67%), Vitamin D: 0.5µg (3.34%)