



Slow-Cooker Chicken Broccoli Lasagna

READY IN



240 min.

SERVINGS



10

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups broccoli florets frozen organic
- 3 cups roasted chicken cooked chopped
- 14 oz pizza cheese shredded italian
- 0.8 teaspoon pepper freshly ground
- 10.8 oz cream of chicken soup canned
- 10.8 oz cream of mushroom soup canned
- 8 oz cream sour
- 8 oz mushrooms fresh sliced (3 cups)
- 9 lasagne pasta sheets uncooked

4 oz parmesan shredded

Equipment

bowl

slow cooker

Directions

Cook and drain broccoli as directed on package, using minimum cook time. In large bowl, mix chicken, 2 cups of the cheese blend, the pepper, both soups, sour cream, mushrooms and broccoli.

Spray 5-quart slow cooker with cooking spray.

Spread one-fourth of the chicken mixture in slow cooker.

Layer with 3 of the uncooked noodles (breaking noodles as needed to fit), one-fourth of the chicken mixture and 1/2 cup of the cheese blend. Repeat layers twice.

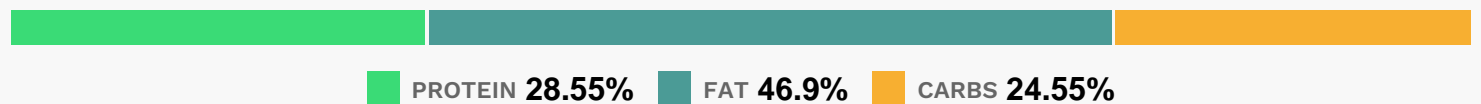
Sprinkle with Parmesan cheese.

Cover; cook on Low heat setting 3 hours 30 minutes or until bubbly and noodles are tender.

Let stand 10 minutes before serving.

Sprinkle with additional freshly ground pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:8.96, Inflammation Score:-4, Nutrition Score:13.59130436182%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 436.42kcal (21.82%), Fat: 23.04g (35.44%), Saturated Fat: 7.48g (46.76%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 25.64g (9.32%), Sugar: 2.38g (2.65%), Cholesterol: 64.49mg (21.5%), Sodium: 732.8mg

(31.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.1%), Selenium: 32.69µg (46.69%), Phosphorus: 271.24mg (27.12%), Calcium: 260.13mg (26.01%), Vitamin B3: 5.09mg (25.46%), Manganese: 0.41mg (20.68%), Vitamin B2: 0.29mg (17.2%), Vitamin C: 12.89mg (15.62%), Vitamin K: 15.98µg (15.22%), Vitamin B6: 0.29mg (14.39%), Copper: 0.29mg (14.26%), Zinc: 1.98mg (13.2%), Vitamin B5: 1.18mg (11.81%), Potassium: 361.74mg (10.34%), Iron: 1.71mg (9.49%), Magnesium: 37.95mg (9.49%), Vitamin A: 388.4IU (7.77%), Vitamin B1: 0.1mg (6.4%), Vitamin B12: 0.36µg (6.06%), Folate: 24.01µg (6%), Fiber: 1.49g (5.95%), Vitamin E: 0.41mg (2.76%)