



Slow-Cooker Chicken Broccoli Lasagna

READY IN



240 min.

SERVINGS



10

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

8 oz cream sour

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.

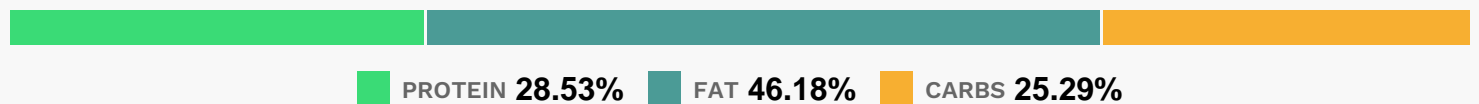
Sprinkle with Parmesan cheese.

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:9.22, Inflammation Score:-6, Nutrition Score:16.488695556703%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 443.34kcal (22.17%), Fat: 23.11g (35.56%), Saturated Fat: 7.5g (46.9%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 26.47g (9.62%), Sugar: 2.73g (3.03%), Cholesterol: 64.49mg (21.5%), Sodium: 739.52mg

(32.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.25%), Selenium: 33.2µg (47.42%), Vitamin C: 31.06mg (37.64%), Vitamin K: 36.75µg (35%), Phosphorus: 284.68mg (28.47%), Calcium: 269.7mg (26.97%), Vitamin B3: 5.22mg (26.11%), Manganese: 0.46mg (22.82%), Vitamin B2: 0.32mg (18.6%), Vitamin B6: 0.32mg (16.17%), Copper: 0.3mg (14.76%), Zinc: 2.06mg (13.75%), Vitamin B5: 1.3mg (12.97%), Potassium: 426.11mg (12.17%), Magnesium: 42.23mg (10.56%), Iron: 1.86mg (10.32%), Vitamin A: 515.31IU (10.31%), Folate: 36.85µg (9.21%), Fiber: 2.02g (8.07%), Vitamin B1: 0.11mg (7.36%), Vitamin B12: 0.36µg (6.06%), Vitamin E: 0.57mg (3.82%)