

Southwestern Chicken Lasagna

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



897 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 cups rotisserie chicken breast meat cooked chopped
- ☐ 15 6-inch corn tortillas ()
- ☐ 2 teaspoons basil dried
- ☐ 2 tablespoons garlic minced
- ☐ 1 teaspoon jalapeño peppers fresh chopped
- ☐ 2 large onions
- ☐ 1 teaspoon oregano dried

- ☐ 0.5 cup salsa fresh
- ☐ 16 ounces cheddar cheese shredded
- ☐ 16 ounces mozzarella cheese shredded
- ☐ 2 cups spaghetti sauce
- ☐ 2 cups tomato sauce

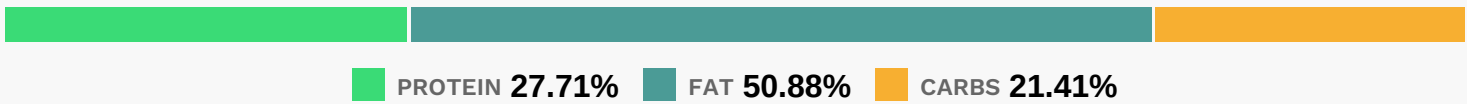
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large skillet, brown shredded chicken in butter or margarine.
- ☐ Add onions, jalapeno peppers, garlic, basil and oregano. Then add the spaghetti sauce, tomato sauce and salsa/picante sauce. Stir all together. Cover skillet and simmer for 10 minutes over low heat.
- ☐ In a lightly greased 9x13 inch baking dish, place a layer of tortillas, then a layer of the chicken/sauce mixture, then a layer of mozzarella cheese. Repeat layers twice, then top casserole with Cheddar cheese and bake in the preheated oven for about 1 hour, until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:56.42, Glycemic Load:17.61, Inflammation Score:-9, Nutrition Score:37.821739155313%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Quercetin: 10.24mg, Quercetin: 10.24mg, Quercetin: 10.24mg, Quercetin: 10.24mg

Nutrients (% of daily need)

Calories: 897.26kcal (44.86%), Fat: 51.36g (79.02%), Saturated Fat: 27.97g (174.79%), Carbohydrates: 48.62g (16.21%), Net Carbohydrates: 40.49g (14.72%), Sugar: 10.44g (11.6%), Cholesterol: 204.86mg (68.29%), Sodium: 1998.62mg (86.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.94g (125.88%), Phosphorus: 1049.92mg (104.99%), Calcium: 1038.68mg (103.87%), Selenium: 59.41µg (84.87%), Vitamin B3: 12.67mg (63.37%), Vitamin B2: 0.81mg (47.46%), Zinc: 7.09mg (47.27%), Vitamin B6: 0.95mg (47.27%), Vitamin B12: 2.77µg (46.18%), Vitamin A: 2230.77IU (44.62%), Magnesium: 139.54mg (34.88%), Fiber: 8.13g (32.53%), Manganese: 0.61mg (30.62%), Potassium: 1056.61mg (30.19%), Vitamin E: 3.94mg (26.3%), Iron: 4.22mg (23.42%), Vitamin C: 17.38mg (21.06%), Copper: 0.41mg (20.33%), Vitamin B5: 1.8mg (18.05%), Vitamin K: 17.76µg (16.91%), Vitamin B1: 0.23mg (15.42%), Folate: 54.55µg (13.64%), Vitamin D: 0.83µg (5.51%)