



## Taco Fiesta Chicken Lasagna

READY IN



570 min.

SERVINGS



8

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 29 oz canned tomatoes diced with zesty mild green chiles, undrained canned
- 0.3 cup cheddar cheese
- 3 cups roasted chicken cubed cooked
- 16 oz refried beans traditional canned
- 0.5 cup cream sour
- 12 lasagne pasta sheets uncooked
- 3 cups monterrey jack cheese shredded
- 0.5 cup spring onion chopped
- 0.3 cup olives ripe sliced

- 2 tablespoons cilantro leaves fresh chopped

## Equipment

- bowl
- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Spray 15x12-inch sheet of foil and 13x9-inch (3-quart) glass baking dish with nonstick cooking spray. In large bowl, combine tomatoes and taco sauce; mix well. Stir in chicken. In medium bowl, combine refried beans and sour cream; mix well.
- Spread about 1 cup chicken mixture in bottom of sprayed baking dish. Top with 4 uncooked noodles, breaking to fit if necessary.
- Spread with half of bean mixture and 1 1/2 cups chicken mixture.
- Sprinkle with 1 cup of the cheese, half of the onions and half of the olives.
- Layer 4 more noodles, remaining bean mixture, 1 1/2 cups chicken mixture and 1 cup cheese. Top with remaining 4 noodles, chicken mixture, onions, olives and cheese. (Be sure top noodles are covered.) Cover with foil, sprayed side down. Refrigerate at least 8 hours or overnight.
- Heat oven to 350°F.
- Bake covered lasagna for 50 minutes. Uncover baking dish; bake an additional 18 to 22 minutes or until bubbly and thoroughly heated.
- Let stand 10 minutes before serving.
- Sprinkle with cilantro. If desired, garnish each serving with dollop of sour cream, chopped tomato and shredded lettuce.

## Nutrition Facts



## Properties

Glycemic Index:21.5, Glycemic Load:14.25, Inflammation Score:-6, Nutrition Score:18.942608833313%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 506.15kcal (25.31%), Fat: 21.53g (33.13%), Saturated Fat: 11.31g (70.71%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 38.19g (13.89%), Sugar: 5.9g (6.55%), Cholesterol: 88.89mg (29.63%), Sodium: 725mg (31.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.49g (66.98%), Selenium: 46.84µg (66.91%), Calcium: 426.15mg (42.62%), Phosphorus: 416.64mg (41.66%), Vitamin B3: 5.68mg (28.42%), Manganese: 0.49mg (24.53%), Vitamin B6: 0.44mg (21.79%), Vitamin B2: 0.36mg (21.46%), Fiber: 5.06g (20.23%), Zinc: 2.98mg (19.9%), Iron: 3.14mg (17.44%), Vitamin K: 17.69µg (16.85%), Magnesium: 60.08mg (15.02%), Vitamin A: 712.95IU (14.26%), Potassium: 481.9mg (13.77%), Vitamin C: 10.89mg (13.2%), Copper: 0.25mg (12.49%), Vitamin B5: 0.96mg (9.65%), Vitamin B12: 0.58µg (9.62%), Vitamin B1: 0.13mg (8.73%), Folate: 31.54µg (7.88%), Vitamin E: 1.12mg (7.44%), Vitamin D: 0.27µg (1.81%)