



Taco Fiesta Chicken Lasagna

READY IN



570 min.

SERVINGS



8

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

0.5 cup cream sour

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.

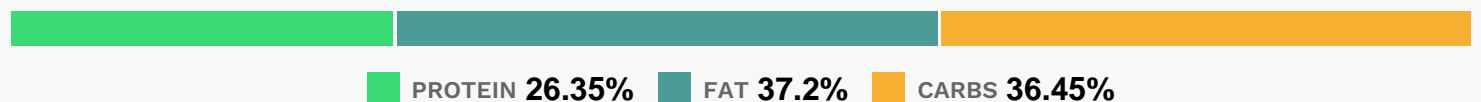
Heat oven to 350F.

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:18.582608969315%

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: 502.64kcal (25.13%), Fat: 20.54g (31.6%), Saturated Fat: 10.72g (66.99%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 40.23g (14.63%), Sugar: 7.56g (8.4%), Cholesterol: 85.57mg (28.52%), Sodium: 792.48mg (34.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.73g (65.46%), Selenium: 46.31µg (66.16%), Calcium: 403.09mg (40.31%), Phosphorus: 401.3mg (40.13%), Vitamin B3: 5.68mg (28.4%), Manganese: 0.49mg (24.49%), Vitamin B6: 0.43mg (21.68%), Vitamin B2: 0.35mg (20.81%), Fiber: 5.06g (20.23%), Zinc: 2.88mg (19.2%), Iron: 3.12mg (17.32%), Vitamin K: 17.6µg (16.77%), Magnesium: 59.21mg (14.8%), Vitamin A: 689.88IU (13.8%), Potassium: 478.92mg (13.68%), Vitamin C: 10.89mg (13.2%), Copper: 0.25mg (12.44%), Vitamin B5: 0.96mg (9.56%), Vitamin B12: 0.53µg (8.9%), Vitamin B1: 0.13mg (8.68%), Folate: 31.08µg (7.77%), Vitamin E: 1.11mg (7.38%), Vitamin D: 0.25µg (1.69%)