



Acorn Squash Lasagna

READY IN



85 min.

SERVINGS



4

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 serving olive oil for baking dish
- 48 ounces acorn squash frozen thawed
- 0.5 teaspoon rubbed sage dried
- 1 serving coarse mustard
- 15 ounces part-skim ricotta
- 1 cup parmesan cheese grated
- 8 no boil lasagna noodles

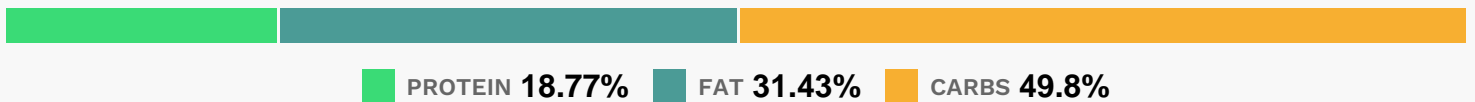
Equipment

- bowl
- baking sheet
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 400 degrees.
- Brush an 8-inch square baking dish with oil; set aside. In a medium bowl, mix squash puree with sage, 1 1/2 teaspoons salt, and 1/4 teaspoon pepper. In another bowl, mix ricotta with 1/2 cup Parmesan, 1 teaspoon salt, and 1/4 teaspoon pepper. Set aside.
- Lay 2 lasagna noodles in the bottom of prepared dish; spread with half the squash mixture.
- Layer with 2 more noodles, and spread with half the ricotta mixture. Repeat layering with remaining noodles and mixtures.
- Sprinkle top (ricotta mixture) with remaining 1/2 cup Parmesan.
- Cover baking dish with foil; place on a rimmed baking sheet.
- Bake until lasagna is heated through, about 45 minutes; remove foil, and continue baking until golden on top, 20 to 25 minutes more.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:24.507826089859%

Nutrients (% of daily need)

Calories: 548.35kcal (27.42%), Fat: 19.94g (30.67%), Saturated Fat: 9.67g (60.45%), Carbohydrates: 71.09g (23.7%), Net Carbohydrates: 64.64g (23.51%), Sugar: 1.01g (1.12%), Cholesterol: 70.78mg (23.59%), Sodium: 594.42mg (25.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.78g (53.57%), Calcium: 623.46mg (62.35%), Phosphorus: 476.88mg (47.69%), Vitamin C: 37.43mg (45.37%), Potassium: 1448.19mg (41.38%), Selenium: 28.63µg (40.9%), Vitamin A: 1874.62IU (37.49%), Vitamin B1: 0.51mg (33.85%), Magnesium: 134.21mg (33.55%), Manganese: 0.61mg (30.28%), Vitamin B6: 0.57mg (28.33%), Fiber: 6.45g (25.79%), Zinc: 2.96mg (19.72%), Vitamin B2: 0.32mg (18.69%), Folate: 73.28µg (18.32%), Vitamin B5: 1.7mg (17.03%), Iron: 3mg (16.69%), Copper: 0.27mg (13.41%),

Vitamin B3: 2.49mg (12.46%), Vitamin B12: 0.65µg (10.76%), Vitamin E: 0.71mg (4.74%), Vitamin K: 3.51µg (3.34%),
Vitamin D: 0.23µg (1.54%)