



Artichoke and Mushroom Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 tablespoons flour
- ☐ 4.5 tablespoons butter
- ☐ 1 cup mirin dry
- ☐ 16 ounce artichoke hearts frozen thawed coarsely chopped
- ☐ 3 garlic clove minced
- ☐ 8 servings nutmeg
- ☐ 9 ounce lasagne pasta sheets (no-boil)
- ☐ 1 pound mushrooms sliced
- ☐ 7.5 ounces parmesan cheese freshly grated

- ☐ 1 pound mozzarella cheese thinly sliced
- ☐ 4.5 cups milk whole

Equipment

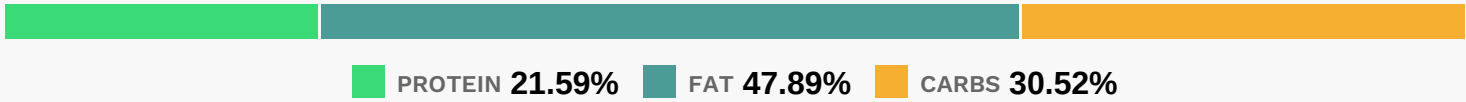
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Melt butter in large skillet over medium-high heat.
- ☐ Add mushrooms and garlic; sauté until mushrooms release juices and begin to brown, about 7 minutes.
- ☐ Add artichokes and vermouth. Cook until liquid is absorbed, stirring occasionally, about 10 minutes. Season with salt and pepper.
- ☐ Melt butter in heavy medium saucepan over medium-high heat.
- ☐ Add flour; stir 1 minute. Gradually whisk in milk. Reduce heat to medium and simmer until sauce thickens and lightly coats spoon, stirring occasionally, about 20 minutes. Stir in 1 1/2 cups Parmesan. Season to taste with salt, pepper, and ground nutmeg.
- ☐ Spread 2/3 cup béchamel sauce over bottom of 13x9x2-inch glass baking dish. Top with enough noodles to cover bottom of dish.
- ☐ Spread 1/4 of artichoke mixture over. Spoon 2/3 cup béchamel sauce over. Top béchamel with 1/4 of mozzarella.
- ☐ Sprinkle with 3 tablespoons Parmesan. Top with enough noodles to cover. Repeat layering 3 more times, finishing with a layer of noodles, then remaining béchamel.
- ☐ Sprinkle with remaining Parmesan. (Can be prepared 1 day ahead. Cover with foil and refrigerate.)
- ☐ Preheat oven to 350°F.
- ☐ Bake lasagna covered with foil 1 hour (or 1 hour 15 minutes if chilled).

- ☐
- Remove foil. Increase temperature to 450°F.
- ☐
- Bake lasagna until golden on top, about 10 minutes longer.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:15.59, Inflammation Score:-8, Nutrition Score:25.176956394444%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 624.68kcal (31.23%), Fat: 32.58g (50.13%), Saturated Fat: 18.88g (117.98%), Carbohydrates: 46.71g (15.57%), Net Carbohydrates: 42.36g (15.4%), Sugar: 9.78g (10.86%), Cholesterol: 101.32mg (33.77%), Sodium: 955.4mg (41.54%), Alcohol: 2.85g (100%), Alcohol %: 0.88% (100%), Protein: 33.05g (66.11%), Calcium: 717.5mg (71.75%), Selenium: 48.79µg (69.7%), Phosphorus: 662.19mg (66.22%), Vitamin B2: 0.79mg (46.7%), Vitamin B12: 2.43µg (40.48%), Manganese: 0.61mg (30.38%), Zinc: 4.39mg (29.25%), Folate: 101.89µg (25.47%), Vitamin A: 1121.78IU (22.44%), Potassium: 707.82mg (20.22%), Magnesium: 79.45mg (19.86%), Vitamin B5: 1.8mg (18.05%), Vitamin B3: 3.59mg (17.93%), Copper: 0.35mg (17.57%), Fiber: 4.35g (17.41%), Vitamin B1: 0.25mg (16.75%), Vitamin B6: 0.3mg (14.81%), Vitamin D: 1.98µg (13.22%), Iron: 1.63mg (9.04%), Vitamin C: 4.61mg (5.58%), Vitamin E: 0.54mg (3.59%), Vitamin K: 2.78µg (2.65%)