

health-score 60%

# Asparagus Lasagna

Very Healthy

READY IN

ready

50 min.

SERVINGS

servings

8

CALORIES

calories

634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 bunches asparagus trimmed cut into 1-inch pieces
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1.5 cups basil leaves fresh packed
- ☐ 9 lasagna sheets fresh
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon olive oil divided
- ☐ 1 medium onion diced

- ☐ 0.3 pound pancetta    diced
- ☐ 0.5 cup parmesan    grated
- ☐ 1 teaspoon salt
- ☐ 2 cups milk mozzarella cheese    shredded whole
- ☐ 15 ounce milk ricotta cheese    whole
- ☐ 17 ounce sun-dried tomatoes    drained

## Equipment

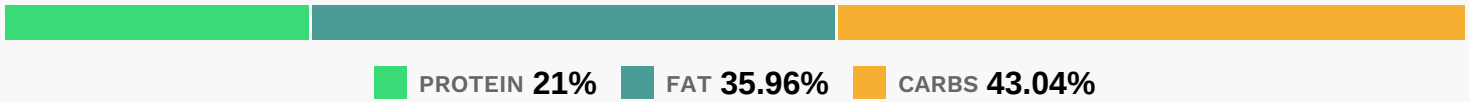
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ casserole dish
- ☐ slotted spoon

## Directions

- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add 1 teaspoon olive oil.
- ☐ Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes for dried pasta or 2 to 3 minutes for fresh pasta.
- ☐ Drain pasta.
- ☐ In a food processor combine the sun-dried tomatoes and basil. Pulse until the mixture is combined.
- ☐ Transfer to a small bowl. Stir in 1/2 cup Parmesan. Set aside.
- ☐ In a large skillet brown the pancetta until crisp.
- ☐ Remove from the pan using a slotted spoon.
- ☐ Add 1 tablespoon olive oil, onion, and garlic and cook until tender, about 4 minutes.

- ☐ Add asparagus and cook until tender, about 4 minutes.
- ☐ Transfer the mixture to a large bowl.
- ☐ Add the ricotta, salt, and pepper and stir to combine.
- ☐ Preheat the oven to 350 degrees F. In a 9 by 13-inch baking dish sprinkle some of the sun-dried tomato mixture on the bottom of the casserole dish.
- ☐ Place some lasagna sheets, then half asparagus mixture. Next sprinkle some mozzarella cheese and some of the remaining 3/4 cup Parmesan. Continue for 1 more layer. Top with lasagna sheets, some sun-dried tomato mixture, mozzarella, and Parmesan. Dot the top with butter.
- ☐ Bake until the ingredients are warm and the cheese is melted, about 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:10.2, Inflammation Score:-10, Nutrition Score:49.381739616394%

## Flavonoids

Isorhamnetin: 13.51mg, Isorhamnetin: 13.51mg, Isorhamnetin: 13.51mg, Isorhamnetin: 13.51mg Kaempferol: 3.22mg, Kaempferol: 3.22mg, Kaempferol: 3.22mg, Kaempferol: 3.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 34.26mg, Quercetin: 34.26mg, Quercetin: 34.26mg, Quercetin: 34.26mg

## Nutrients (% of daily need)

Calories: 634.09kcal (31.7%), Fat: 26.93g (41.43%), Saturated Fat: 13.38g (83.64%), Carbohydrates: 72.55g (24.18%), Net Carbohydrates: 60.06g (21.84%), Sugar: 27.97g (31.08%), Cholesterol: 104.85mg (34.95%), Sodium: 809.5mg (35.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.39g (70.78%), Vitamin K: 140.33µg (133.65%), Manganese: 1.84mg (91.95%), Potassium: 2755.24mg (78.72%), Copper: 1.44mg (71.87%), Iron: 12.51mg (69.5%), Vitamin B1: 1.04mg (69.3%), Phosphorus: 664.07mg (66.41%), Folate: 255.72µg (63.93%), Vitamin B2: 1.04mg (61.4%), Vitamin A: 3055.47IU (61.11%), Fiber: 12.49g (49.95%), Vitamin B3: 9.97mg (49.86%), Magnesium: 190.74mg (47.68%), Calcium: 467.56mg (46.76%), Vitamin C: 38.28mg (46.4%), Selenium: 25.44µg (36.35%), Zinc: 4.84mg (32.25%), Vitamin B6: 0.56mg (27.93%), Vitamin B5: 2.42mg (24.23%), Vitamin E: 2.93mg (19.52%), Vitamin B12: 1.12µg (18.62%), Vitamin D: 0.31µg (2.04%)