



WHATSheATE



HEALTH SCORE

31%

## Asparagus Lasagna

READY IN



30 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 15 ounce asparagus drained canned
- ☐ 1 cup finely-chopped ham julienned fully cooked
- ☐ 0.5 teaspoon thyme dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cloves garlic chopped
- ☐ 5 lasagne pasta sheets
- ☐ 2 tablespoons butter
- ☐ 1.5 cups milk
- ☐ 1 cup mozzarella cheese shredded

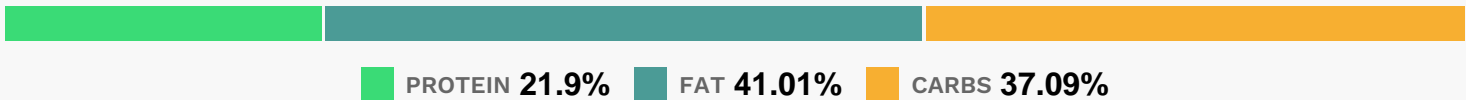
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ microwave
- ☐ glass baking pan

## Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes, or until al dente.
- ☐ Drain, and cut noodles in half crosswise.
- ☐ Melt margarine in a skillet over medium heat.
- ☐ Saute garlic just until fragrant. Stir in the flour until no lumps remain. Gradually mix in milk, and season with thyme. Simmer sauce gently until thick.
- ☐ Remove from heat.
- ☐ Grease a 9x9 inch glass baking dish.
- ☐ Layer noodles, sauce, asparagus, ham, and mozzarella cheese in three layers, each starting with noodles, and ending with shredded cheese on the top.
- ☐ Cover the dish, and cook in the microwave on HIGH for 9 to 10 minutes, or until cheese is melted and bubbly. Time may vary depending on the oven used.
- ☐ Let stand for 5 to 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:53, Glycemic Load:14.51, Inflammation Score:-8, Nutrition Score:21.927826176519%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 397.6kcal (19.88%), Fat: 18.25g (28.07%), Saturated Fat: 7.3g (45.61%), Carbohydrates: 37.14g (12.38%), Net Carbohydrates: 34.14g (12.41%), Sugar: 6.78g (7.53%), Cholesterol: 53.72mg (17.91%), Sodium: 910.24mg (39.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.93g (43.85%), Selenium: 37.51µg (53.58%), Vitamin K: 47.04µg (44.8%), Phosphorus: 394.09mg (39.41%), Vitamin C: 24.77mg (30.03%), Manganese: 0.59mg (29.38%), Vitamin A: 1466.66IU (29.33%), Calcium: 287.74mg (28.77%), Folate: 113.17µg (28.29%), Vitamin B12: 1.54µg (25.63%), Vitamin B2: 0.42mg (24.9%), Vitamin B1: 0.34mg (22.42%), Zinc: 2.79mg (18.62%), Iron: 3.12mg (17.32%), Vitamin B6: 0.33mg (16.34%), Vitamin B3: 2.98mg (14.89%), Potassium: 512.8mg (14.65%), Magnesium: 53.38mg (13.34%), Copper: 0.25mg (12.52%), Fiber: 3g (12%), Vitamin E: 1.66mg (11.09%), Vitamin B5: 0.96mg (9.57%), Vitamin D: 1.12µg (7.46%)