



Avocado-Vegetable Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



928 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large genuine california avocados peeled chopped
- ☐ 1 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons butter
- ☐ 12 lasagna noodles cooked
- ☐ 3 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 4 green onions sliced

- ☐ 0.3 teaspoon ground pepper red
- ☐ 12 ounce cheese blend shredded italian
- ☐ 6 ounce oil-packed artichoke hearts
- ☐ 1.5 cups parmesan cheese shredded divided
- ☐ 30 ounce ricotta cheese
- ☐ 1 teaspoon salt divided
- ☐ 2 cups whipping cream

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Stir together first 5 ingredients, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Set aside.
- ☐ Drain artichoke hearts, reserving oil. Coarsely chop artichokes. Stir together artichoke, reserved oil, chopped avocado, green onions, and remaining 1/2 teaspoon salt and 1/2 teaspoon pepper. Set aside.
- ☐ Melt butter in a medium saucepan over medium-high heat; add garlic, and saut 1 minute.
- ☐ Add flour, whisking until blended; cook, whisking constantly, 1 minute. Gradually whisk in whipping cream. Cook, whisking constantly, 3 to 4 minutes or until thickened and bubbly. Stir in 1 cup Parmesan cheese.
- ☐ Layer one-third of noodles, half of ricotta cheese mixture, 1/2 cup cream sauce, and half of avocado mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Repeat layers once, ending with remaining noodles and remaining cream sauce.
- ☐ Sprinkle with remaining 1/2 cup Parmesan cheese.
- ☐ Bake, covered, at 400 for 40 minutes. Uncover and bake 5 more minutes or until lightly browned.
- ☐ Let stand 15 minutes.

Nutrition Facts

PROTEIN 17.19% FAT 64% CARBS 18.81%

Properties

Glycemic Index:51.69, Glycemic Load:15.51, Inflammation Score:-8, Nutrition Score:24.603043307429%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 927.83kcal (46.39%), Fat: 67.33g (103.58%), Saturated Fat: 30.23g (188.92%), Carbohydrates: 44.54g (14.85%), Net Carbohydrates: 37.22g (13.54%), Sugar: 3.57g (3.97%), Cholesterol: 212.46mg (70.82%), Sodium: 922.76mg (40.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.69g (81.38%), Selenium: 52.04µg (74.34%), Calcium: 601.94mg (60.19%), Phosphorus: 468.32mg (46.83%), Vitamin A: 1957.49IU (39.15%), Vitamin B2: 0.6mg (35.35%), Vitamin K: 35.29µg (33.61%), Fiber: 7.31g (29.25%), Folate: 100.56µg (25.14%), Manganese: 0.49mg (24.51%), Zinc: 3.13mg (20.88%), Vitamin B5: 1.92mg (19.23%), Vitamin B6: 0.37mg (18.54%), Potassium: 646.34mg (18.47%), Vitamin E: 2.69mg (17.91%), Magnesium: 67.33mg (16.83%), Iron: 2.76mg (15.31%), Copper: 0.3mg (14.91%), Vitamin B12: 0.85µg (14.2%), Vitamin C: 9.45mg (11.45%), Vitamin D: 1.63µg (10.89%), Vitamin B3: 2.05mg (10.24%), Vitamin B1: 0.13mg (8.64%)