



Breakfast Lasagna

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 cups bob's mill garbanzo bean flour
- ☐ 8 large eggs at room temperature
- ☐ 8 ounces fontina shredded
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 tablespoons thyme leaves fresh chopped
- ☐ 0.3 teaspoon ground coriander

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 12 ounces pancetta diced finely
- ☐ 7 ounce sun-dried tomatoes drained coarsely chopped
- ☐ 8 ounces cheddar shredded white
- ☐ 2 cups milk whole at room temperature

Equipment

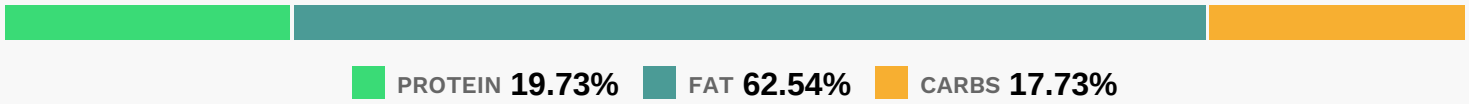
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ slotted spoon
- ☐ baking spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ For the crepes: In a medium, bowl, whisk together the chickpea flour, 1 1/2 cups water, 1/4 cup of the olive oil, cumin, salt, coriander and pepper. In a 10-inch nonstick skillet heat 1 teaspoon of oil over medium-high heat.
- ☐ Pour 1/3 cup of the batter into the pan. Tilt the pan so the batter coats the bottom of the pan. Cook until the underside edges begin to turn golden, about 3 minutes. Using a heat-proof silicone spatula, flip the crepe and continue to cook on the other side until golden, 3 minutes. Repeat with the remaining oil and batter to make a total of 8 crepes.

- ☐ For the custard: In a 12-inch nonstick skillet, cook the pancetta over medium-high heat until crispy, about 12 minutes.
- ☐ Remove from the heat. Using a slotted spoon, remove the pancetta and drain on paper towels. In a medium bowl beat the eggs and milk together until smooth.
- ☐ Add the tomatoes, basil, thyme, salt and pepper. In another medium bowl, mix the Cheddar and fontina together.
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 375 degrees F. Spray a 9-by-13-by-2-inch glass or ceramic baking dish with cooking spray and set aside.
- ☐ To assemble the lasagna, ladle 1 cup of the custard into the bottom of the prepared baking dish. Arrange two crepes, side-by-side on top.
- ☐ Sprinkle one-quarter of the cheese mixture on top.
- ☐ Sprinkle one-quarter of the pancetta over the cheese. Repeat the layers using the remaining crepes, custard, cheese and pancetta.
- ☐ Pour any remaining custard over the lasagna and bake until puffed and golden, 30 to 35 minutes.
- ☐ Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:11.23, Inflammation Score:-10, Nutrition Score:30.401304286459%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg

Nutrients (% of daily need)

Calories: 726.07kcal (36.3%), Fat: 51.13g (78.66%), Saturated Fat: 20.45g (127.82%), Carbohydrates: 32.61g (10.87%), Net Carbohydrates: 26.66g (9.69%), Sugar: 15.43g (17.14%), Cholesterol: 282.62mg (94.21%), Sodium: 1556.22mg (67.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.28g (72.57%), Phosphorus: 614.01mg (61.4%), Selenium: 40.46µg (57.8%), Calcium: 513.83mg (51.38%), Manganese: 0.93mg (46.54%), Vitamin B2: 0.69mg (40.53%), Potassium: 1349.8mg (38.57%), Folate: 148.08µg (37.02%), Copper: 0.65mg (32.53%), Zinc: 4.62mg (30.81%), Magnesium: 121.2mg (30.3%), Vitamin B12: 1.76µg (29.4%), Iron: 5.15mg (28.59%), Vitamin B1: 0.43mg (28.58%), Vitamin A: 1320.36IU (26.41%), Vitamin B6: 0.48mg (24.14%), Fiber: 5.95g (23.79%), Vitamin B3:

4.57mg (22.87%), Vitamin B5: 2.14mg (21.38%), Vitamin K: 21.95µg (20.91%), Vitamin C: 14.08mg (17.07%), Vitamin E: 2.2mg (14.67%), Vitamin D: 2.18µg (14.54%)