



Broccoli Lasagna

READY IN



60 min.

SERVINGS



10

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce broccoli frozen thawed drained chopped
- 3 tablespoons butter
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic chopped
- 0.1 teaspoon nutmeg
- 0.3 teaspoon pepper white
- 9 lasagne pasta sheets
- 2.5 cups milk

- 1 small onion chopped
- 0.3 cup parmesan cheese grated
- 15 ounce ricotta cheese
- 1 teaspoon salt divided
- 2 cups mozzarella cheese shredded divided

Equipment

- bowl
- sauce pan
- oven
- pot
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a medium saucepan over medium heat, melt butter. Cook onion and garlic in butter until tender. Stir in flour, pepper, 1/2 teaspoon salt and nutmeg. Stirring continuously, pour in milk, a little at a time, allowing mixture to thicken. Bring to a boil for 1 minute, then remove from heat and stir in parsley. Set aside.
- In a medium bowl, combine ricotta, broccoli, Parmesan, 1 cup of mozzarella and remaining 1/2 teaspoon salt. Stir until well blended.
- In a 7x11 inch baking dish layer: 1/4 cup white sauce; 3 noodles; one-third of remaining white sauce; half the broccoli mixture; 3 more noodles; half remaining white sauce; remaining broccoli mixture; 3 noodles; remaining white sauce.
- Sprinkle with remaining mozzarella. Cover with foil coated with cooking spray.
- Bake in preheated oven 30 minutes.
- Let stand 10 minutes before serving.

Nutrition Facts

PROTEIN 20.34% FAT 46.3% CARBS 33.36%

Properties

Glycemic Index:45, Glycemic Load:10.54, Inflammation Score:-7, Nutrition Score:14.787391351617%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg, Kaempferol: 2.28mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 331.28kcal (16.56%), Fat: 17.11g (26.32%), Saturated Fat: 10.27g (64.19%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 25.98g (9.45%), Sugar: 4.76g (5.29%), Cholesterol: 57.91mg (19.3%), Sodium: 514.39mg (22.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.92g (33.83%), Selenium: 29.32µg (41.88%), Vitamin K: 43.61µg (41.53%), Vitamin C: 27.07mg (32.81%), Calcium: 322.25mg (32.22%), Phosphorus: 296.46mg (29.65%), Vitamin B2: 0.3mg (17.63%), Vitamin B12: 1.03µg (17.09%), Manganese: 0.34mg (16.93%), Vitamin A: 810.29IU (16.21%), Zinc: 2.02mg (13.47%), Magnesium: 38.42mg (9.61%), Potassium: 323.4mg (9.24%), Folate: 34.68µg (8.67%), Vitamin B6: 0.17mg (8.43%), Vitamin B1: 0.11mg (7.14%), Fiber: 1.76g (7.04%), Vitamin B5: 0.66mg (6.55%), Vitamin D: 0.86µg (5.72%), Copper: 0.11mg (5.42%), Iron: 0.96mg (5.34%), Vitamin B3: 0.86mg (4.28%), Vitamin E: 0.49mg (3.25%)