



HEALTH SCORE

75%

Butternut-and-Spinach Lasagna



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon pepper black
- ☐ 5 cups butternut squash cubed peeled ()
- ☐ 12 lasagna noodles cooked
- ☐ 2 ounces healthy choice cream cheese fat-free or any cream cheese block-style
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 garlic cloves minced

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 3 cups leek chopped (4)
- ☐ 2.5 cups milk 1% low-fat
- ☐ 2 teaspoons olive oil
- ☐ 5 ounces part-skim mozzarella cheese shredded
- ☐ 3 ounces sharp provolone cheese shredded
- ☐ 1 tablespoon teaspoon rubbed sage dried fresh chopped
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 0.5 cup water

Equipment

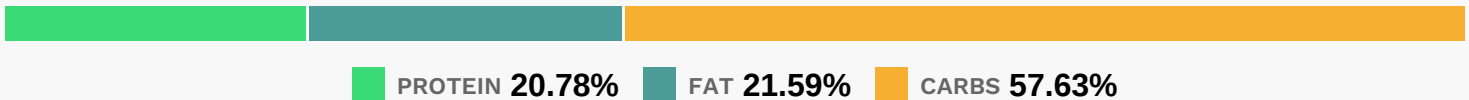
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ To prepare vegetable filling, heat oil in a large nonstick skillet over medium heat.
- ☐ Add leek, sage, and garlic; saut 5 minutes.
- ☐ Add squash, wine, and water; cover and cook 20 minutes or until squash is tender, stirring occasionally. Stir in 1/4 teaspoon pepper and spinach.
- ☐ To prepare sauce, place flour in a large saucepan, and gradually add milk, stirring with a whisk until blended.
- ☐ Place over medium heat; and cook until thick (about 10 minutes), stirring constantly.
- ☐ Remove from heat; add cream cheese, nutmeg, and 1/8 teaspoon pepper, stirring with a whisk.
- ☐ Combine cheese shreds and provolone cheese; set aside.

- ☐
- Spread 1/2 cup sauce in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 noodles over sauce; top with 2 cups vegetable filling, 1/2 cup cheese mixture, and 1/2 cup sauce. Repeat the layers, ending with noodles.
- ☐
- Spread the remaining sauce over noodles. Cover and bake at 400 for 30 minutes. Uncover, and sprinkle with 1/2 cup cheese mixture, and bake an additional 10 minutes.
- ☐
- Let stand 10 minutes before serving.
- ☐
- Garnish with sage sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:45.19, Glycemic Load:15.81, Inflammation Score:-10, Nutrition Score:29.057826042175%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 368.09kcal (18.4%), Fat: 8.74g (13.44%), Saturated Fat: 4.46g (27.86%), Carbohydrates: 52.47g (17.49%), Net Carbohydrates: 47.24g (17.18%), Sugar: 8.45g (9.39%), Cholesterol: 23.21mg (7.74%), Sodium: 304.59mg (13.24%), Alcohol: 1.54g (100%), Alcohol %: 0.5% (100%), Protein: 18.92g (37.84%), Vitamin A: 14355.46IU (287.11%), Vitamin K: 154.21µg (146.87%), Selenium: 33.79µg (48.27%), Manganese: 0.96mg (48%), Calcium: 459.36mg (45.94%), Phosphorus: 365.88mg (36.59%), Vitamin C: 24.76mg (30.02%), Folate: 115.36µg (28.84%), Magnesium: 103.23mg (25.81%), Fiber: 5.24g (20.94%), Vitamin B2: 0.35mg (20.77%), Vitamin B6: 0.42mg (20.77%), Potassium: 719.13mg (20.55%), Iron: 3.52mg (19.55%), Vitamin E: 2.88mg (19.2%), Vitamin B1: 0.24mg (15.75%), Zinc: 2.15mg (14.34%), Vitamin B12: 0.82µg (13.63%), Copper: 0.27mg (13.44%), Vitamin B3: 2.06mg (10.32%), Vitamin B5: 0.95mg (9.48%), Vitamin D: 0.92µg (6.12%)