

Butternut-Kale Lasagna

 Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounce butternut squash fresh
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 tablespoons garlic minced
- ☐ 2 ounces gruyere cheese shredded divided
- ☐ 3 cups kale
- ☐ 2.8 cups milk 1% low-fat divided
- ☐ 1 tablespoon olive oil

- ☐ 6 no boil lasagna noodles
- ☐ 1 ounce parmesan grated
- ☐ 3 tablespoons pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

Equipment

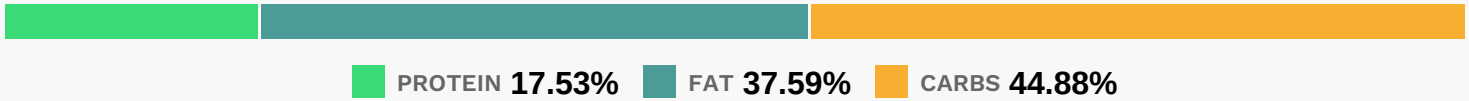
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Preheat oven to 45
- ☐ Combine 1/4 cup water and squash in an 8-inch square glass or ceramic baking dish. Cover tightly with plastic wrap; pierce plastic wrap 2 to 3 times. Microwave at HIGH 5 minutes or until tender; drain.
- ☐ Combine squash and kale in a large bowl. Wipe dish dry.
- ☐ Heat a medium saucepan over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add garlic; cook 2 minutes or until garlic begins to brown, stirring occasionally. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.

- ☐ Combine flour and 1/2 cup milk in a small bowl, stirring with a whisk until smooth.
- ☐ Add milk mixture and remaining 2 1/4 cups milk to pan; increase heat to medium-high. Bring to a boil; cook 1 minute or until thickened, stirring frequently.
- ☐ Remove from heat. Stir in 1 ounce Gruyere, Parmigiano-Reggiano cheese, salt, and pepper; stir until cheese melts.
- ☐ Coat baking dish with cooking spray.
- ☐ Spread 1/3 cup milk mixture in bottom of dish. Arrange 2 noodles over milk mixture; top with half of squash mixture and 2/3 cup milk mixture. Repeat layers once, ending with remaining noodles and remaining milk mixture. Cover with foil; bake at 450 for 15 minutes.
- ☐ Remove foil; sprinkle remaining Gruyere and pecans over top.
- ☐ Bake, uncovered, at 450 for 10 minutes or until lightly browned and sauce is bubbly.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:4.72, Inflammation Score:-10, Nutrition Score:25.238695434902%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Isorhamnetin: 3.72mg, Isorhamnetin: 3.72mg, Isorhamnetin: 3.72mg, Isorhamnetin: 3.72mg Kaempferol: 7.38mg, Kaempferol: 7.38mg, Kaempferol: 7.38mg, Kaempferol: 7.38mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 412.29kcal (20.61%), Fat: 17.75g (27.31%), Saturated Fat: 5.77g (36.08%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 43.33g (15.76%), Sugar: 10.99g (12.21%), Cholesterol: 40.58mg (13.53%), Sodium: 581.96mg (25.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.63g (37.25%), Vitamin A: 11126.98IU (222.54%), Vitamin K: 65.67µg (62.55%), Calcium: 525.41mg (52.54%), Vitamin C: 33.59mg (40.71%), Phosphorus: 372.79mg (37.28%), Manganese: 0.74mg (37.1%), Vitamin B2: 0.41mg (24.34%), Vitamin B12: 1.3µg (21.69%), Vitamin B1: 0.32mg (21.57%), Potassium: 748.15mg (21.38%), Magnesium: 73.72mg (18.43%), Fiber: 4.34g (17.34%), Vitamin B6:

0.33mg (16.31%), Selenium: 10.99µg (15.7%), Zinc: 2.07mg (13.78%), Vitamin E: 2.03mg (13.56%), Folate: 53.94µg (13.49%), Vitamin D: 1.91µg (12.7%), Vitamin B5: 1.17mg (11.71%), Vitamin B3: 2mg (9.98%), Copper: 0.19mg (9.62%), Iron: 1.57mg (8.71%)