



WHATSheATE



Butternut Squash and Hazelnut Lasagne

♥♥ Popular

READY IN



300 min.

SERVINGS



6

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf (not California)
- ☐ 3 lb butternut squash peeled seeded cut into 1/2-inch pieces
- ☐ 5 tablespoons flour all-purpose
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 cups mozzarella cheese fresh grated
- ☐ 4 teaspoons sage fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 4 oz hazelnuts with a kitchen towel, and coarsely chopped toasted

- ☐ 5 cups milk
- ☐ 1 large onion chopped
- ☐ 3 oz parmigiano-reggiano finely grated
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons butter unsalted
- ☐ 0.1 teaspoon pepper white

Equipment

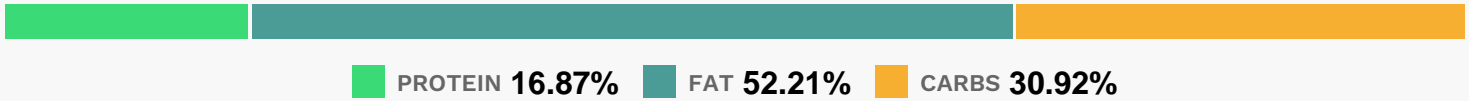
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ wax paper
- ☐ glass baking pan

Directions

- ☐ Cook onion in butter in a deep 12-inch heavy skillet over moderate heat, stirring occasionally, until golden, about 10 minutes.
- ☐ Add squash, garlic, salt, and white pepper and cook, stirring occasionally, until squash is just tender, about 15 minutes.
- ☐ Remove from heat and stir in parsley, sage, and nuts. Cool filling.
- ☐ Cook garlic in butter in a 3-quart heavy saucepan over moderately low heat, stirring, 1 minute.
- ☐ Whisk in flour and cook roux, whisking, 3 minutes.
- ☐ Add milk in a stream, whisking.
- ☐ Add bay leaf and bring to a boil, whisking constantly, then reduce heat and simmer, whisking occasionally, 10 minutes.
- ☐ Whisk in salt and white pepper and remove from heat. Discard bay leaf. (Cover surface of sauce with wax paper if not using immediately.)

- ☐ Preheat oven to 425°F.
- ☐ Toss cheeses together.
- ☐ Spread 1/2 cup sauce in a buttered 13- by 9- by 2-inch glass baking dish (or other shallow 3-quart baking dish) and cover with 3 pasta sheets, leaving spaces between sheets.
- ☐ Spread with 2/3 cup sauce and one third of filling, then sprinkle with a heaping 1/2 cup cheese. Repeat layering 2 more times, beginning with pasta sheets and ending with cheese. Top with remaining 3 pasta sheets, remaining sauce, and remaining cheese.
- ☐ Tightly cover baking dish with buttered foil and bake lasagne in middle of oven 30 minutes.
- ☐ Remove foil and bake until golden and bubbling, 10 to 15 minutes more.
- ☐ Let lasagne stand 15 to 20 minutes before serving.
- ☐ · Filling and sauce can be made 1 day ahead and kept separately, covered and chilled. Bring to room temperature before assembling.

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:8.18, Inflammation Score:-10, Nutrition Score:41.360434822414%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 596.59kcal (29.83%), Fat: 36.08g (55.5%), Saturated Fat: 15.56g (97.28%), Carbohydrates: 48.06g (16.02%), Net Carbohydrates: 40.94g (14.89%), Sugar: 17.19g (19.09%), Cholesterol: 78.58mg (26.19%), Sodium: 937.88mg (40.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.23g (52.46%), Vitamin A: 25093.52IU (501.87%), Copper: 4.56mg (228.24%), Manganese: 1.87mg (93.49%), Calcium: 757.21mg (75.72%), Vitamin C: 52.61mg (63.77%), Phosphorus: 583.35mg (58.34%), Vitamin E: 6.49mg (43.24%), Magnesium: 153.16mg (38.29%),

Potassium: 1333.4mg (38.1%), Vitamin B1: 0.55mg (36.4%), Vitamin B12: 2.13µg (35.52%), Vitamin B6: 0.65mg (32.36%), Vitamin B2: 0.54mg (31.98%), Fiber: 7.13g (28.51%), Vitamin K: 29.37µg (27.97%), Folate: 104.67µg (26.17%), Selenium: 17.38µg (24.82%), Zinc: 3.26mg (21.71%), Vitamin B5: 2.03mg (20.3%), Vitamin B3: 3.77mg (18.87%), Iron: 3.36mg (18.65%), Vitamin D: 2.56µg (17.08%)