



HEALTH SCORE

87%

## Butternut Squash, Caramelized Onion, and Spinach Lasagna



Vegetarian



Very Healthy



Popular

READY IN



120 min.

SERVINGS



8

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 bay leaves
- ☐ 0.5 teaspoon pepper black
- ☐ 6 cups butternut squash cubed peeled ( )
- ☐ 5 tablespoons flour all-purpose
- ☐ 6 ounces fontina shredded divided
- ☐ 2 tablespoons sage fresh chopped
- ☐ 12 garlic clove unpeeled ( 1 head)

- ☐ 0.4 teaspoon ground pepper red
- ☐ 1 teaspoon kosher salt divided
- ☐ 5 cups milk 1% low-fat divided
- ☐ 0.3 teaspoon grating nutmeg whole grated
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 large onion vertically sliced
- ☐ 9 no boil lasagna noodles
- ☐ 18 ounce pkt spinach fresh
- ☐ 1 thyme leaves
- ☐ 2 tablespoons water

## Equipment

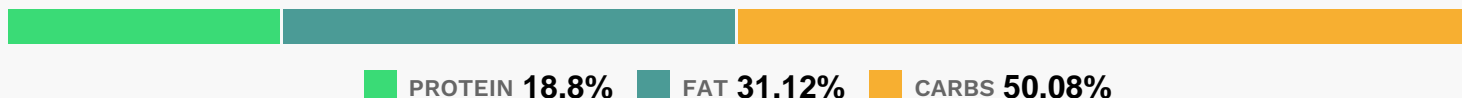
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler
- ☐ dutch oven
- ☐ colander

## Directions

- ☐ Preheat oven to 425
- ☐ Combine squash, 1 tablespoon oil, sage, garlic, 1/2 teaspoon salt, and black pepper in a large bowl; toss to coat. Arrange squash mixture on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 30 minutes or until squash is tender. Cool slightly; peel garlic.
- ☐ Place squash and garlic in a bowl; partially mash with a fork.

- ☐ Heat remaining 1 tablespoon oil in a large Dutch oven over medium-high heat.
- ☐ Add onion, and saut for 4 minutes. Reduce heat to medium-low; continue cooking for 20 minutes or until golden brown, stirring frequently.
- ☐ Place onion in a bowl.
- ☐ Add 2 tablespoons water and spinach to Dutch oven; increase heat to high. Cover and cook 2 minutes or until spinach wilts.
- ☐ Drain in a colander; cool. Squeeze excess liquid from spinach.
- ☐ Add spinach to onions.
- ☐ Heat 4 1/2 cups milk, bay leaf, and thyme in a medium saucepan over medium-high heat. Bring to a boil; remove from heat.
- ☐ Let stand for 10 minutes. Discard bay leaf and thyme. Return pan to medium heat.
- ☐ Combine remaining 1/2 cup milk and flour in a small bowl.
- ☐ Add to pan, stirring with a whisk until blended. Bring to a boil; reduce heat, and simmer for 5 minutes or until thickened, stirring constantly.
- ☐ Remove from heat; stir in remaining 1/2 teaspoon salt, 1 1/4 cups cheese, red pepper, and nutmeg.
- ☐ Spread 1/2 cup milk mixture in bottom of a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Arrange 3 noodles over milk mixture; top with half of squash mixture, half of spinach mixture, and 3/4 cup milk mixture. Repeat layers, ending with noodles.
- ☐ Spread remaining milk mixture over noodles.
- ☐ Bake at 425 for 30 minutes, and remove from oven.
- ☐ Sprinkle with remaining 1/4 cup cheese.
- ☐ Preheat broiler.
- ☐ Broil 2 minutes or until cheese is melted and lightly browned.
- ☐ Let stand 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:46.25, Glycemic Load:3.82, Inflammation Score:-10, Nutrition Score:34.597826169885%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 345.87kcal (17.29%), Fat: 12.44g (19.14%), Saturated Fat: 5.55g (34.68%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 40.07g (14.57%), Sugar: 11.47g (12.74%), Cholesterol: 41.08mg (13.69%), Sodium: 574.92mg (25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.82%), Vitamin A: 17673.23IU (353.46%), Vitamin K: 312.5µg (297.62%), Copper: 4.74mg (237.2%), Manganese: 1.1mg (54.79%), Vitamin C: 43.04mg (52.18%), Calcium: 441.08mg (44.11%), Folate: 168.84µg (42.21%), Phosphorus: 310.09mg (31.01%), Potassium: 1084mg (30.97%), Magnesium: 114.08mg (28.52%), Vitamin B2: 0.43mg (25.19%), Vitamin B6: 0.48mg (23.8%), Vitamin E: 3.44mg (22.91%), Vitamin B12: 1.26µg (20.95%), Vitamin B1: 0.3mg (20.19%), Fiber: 4.96g (19.86%), Iron: 3.08mg (17.14%), Selenium: 9.68µg (13.83%), Zinc: 2.03mg (13.52%), Vitamin D: 1.75µg (11.67%), Vitamin B5: 1.16mg (11.58%), Vitamin B3: 2.26mg (11.32%)