



Butternut Squash Lasagna

READY IN



105 min.

SERVINGS



10

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 3 lbs butternut squash peeled seeded cut into 1/4- to 1/2-inch-thick slices
- 0.3 cup flour all-purpose
- 1 Tbsp rosemary fresh snipped
- 6 cloves garlic minced
- 4 cups milk
- 3 Tbsp olive oil
- 9 no-boil lasagna noodles
- 5.5 oz parmesan cheese shredded finely

- 0.5 tsp salt
- 1 cup whipping cream

Equipment

- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 425 degrees F. Lightly grease a 15x10x1-inch baking pan.
- Place squash in the prepared baking pan.
- Add oil and 1/2 teaspoon salt; toss gently to coat.
- Spread in an even layer. Roast, uncovered, for 25 to 30 minutes or until squash is tender, stirring once. Reduce oven temperature to 375 degrees F.
- Meanwhile, for sauce: In a large saucepan, heat butter over medium heat.
- Add garlic; cook and stir for 1 minute. Stir in flour and 1/2 teaspoon salt. Gradually stir in milk. Cook and stir until thickened and bubbly. Stir in squash and rosemary.
- Lightly grease a 13x9x2-inch baking dish or 3-quart rectangular casserole. To assemble, spread about 1 cup of the sauce in the the prepared baking dish.
- Layer three of the noodles in dish.
- Spread with one-third of the remaining sauce.
- Sprinkle with 1/3 cup of the Pamesan cheese. Repeat layering noodles, sauce, and Parmesan cheese two more times.
- Pour whipping cream evenly over layers in dish.
- Sprinkle with the remaining 1/3 cup Parmesan cheese.
- Cover dish with foil.
- Bake for 40 minutes. Uncover and bake about 10 minutes more or until edges are bubbly and top is lightly browned.
- Let stand for 10 minutes before serving. Makes 8 to 10 servings.

Nutrition Facts

PROTEIN 12.52% FAT 52.89% CARBS 34.59%

Properties

Glycemic Index:22, Glycemic Load:3.76, Inflammation Score:-10, Nutrition Score:18.70304350231%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 411.79kcal (20.59%), Fat: 25.02g (38.49%), Saturated Fat: 13.38g (83.65%), Carbohydrates: 36.81g (12.27%), Net Carbohydrates: 33.37g (12.13%), Sugar: 8.83g (9.81%), Cholesterol: 68.64mg (22.88%), Sodium: 452.01mg (19.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Vitamin A: 15241.76IU (304.84%), Calcium: 391.43mg (39.14%), Vitamin C: 29.32mg (35.54%), Phosphorus: 273.1mg (27.31%), Potassium: 714.53mg (20.42%), Vitamin E: 3mg (20.01%), Magnesium: 67.91mg (16.98%), Manganese: 0.34mg (16.77%), Vitamin B2: 0.28mg (16.35%), Vitamin B6: 0.32mg (15.8%), Vitamin B1: 0.23mg (15.34%), Fiber: 3.45g (13.78%), Vitamin B12: 0.76µg (12.7%), Selenium: 8.13µg (11.61%), Folate: 44.91µg (11.23%), Vitamin B5: 1.07mg (10.72%), Vitamin D: 1.53µg (10.22%), Vitamin B3: 1.99mg (9.97%), Zinc: 1.14mg (7.6%), Iron: 1.32mg (7.32%), Copper: 0.12mg (5.85%), Vitamin K: 5.78µg (5.51%)