



HEALTH SCORE

51%

Butternut Squash Lasagna

READY IN



45 min.

SERVINGS



6

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 cups butternut squash diced peeled
- ☐ 2 large eggs
- ☐ 0.5 cup parsley fresh chopped
- ☐ 12 lasagne pasta sheets (such as Barilla)
- ☐ 6 cups tomatoes
- ☐ 3 cups onion chopped
- ☐ 4 ounces parmesan fresh grated
- ☐ 15 ounce part-skim ricotta

- ☐ 3 ounces provolone cheese shredded
- ☐ 15 ounce whole-milk ricotta cheese fat-free
- ☐ 1 teaspoon salt
- ☐ 10 cup pkt spinach fresh

Equipment

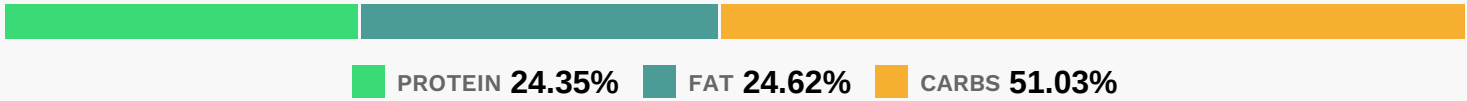
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Preheat oven to 37
- ☐ Heat a large Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add onion; saut 4 minutes or until tender.
- ☐ Add spinach; saut 1 1/2 minutes or until spinach wilts.
- ☐ Combine provolone, parsley, salt, pepper, eggs, and ricotta cheeses in a large bowl.
- ☐ Place squash in a microwave-safe bowl. Cover and cook on high 5 minutes or until tender.
- ☐ Coat the bottom and sides of 2 (8-inch-square) baking dishes with cooking spray.
- ☐ Spread 1/2 cup Smoky Marinara in the bottom of one prepared dish. Arrange 2 noodles over sauce; spread 1 cup cheese mixture over noodles. Arrange 1 1/2 cups squash over cheese mixture; spread 3/4 cup sauce over squash.
- ☐ Arrange 2 noodles over sauce; spread 1 cup cheese mixture over the noodles. Arrange 1 1/2 cups onion mixture over cheese mixture; spread 3/4 cup sauce over spinach mixture.
- ☐ Arrange 2 noodles over sauce; spread 1 cup Smoky Marinara evenly over noodles.
- ☐ Sprinkle with 1/2 cup Parmesan. Repeat procedure with remaining ingredients in remaining pan. Cover each pan with foil.

- ☐ Bake at 375 for 30 minutes. Uncover and bake an additional 30 minutes.
- ☐ To freeze unbaked lasagna: Prepare through Step Cover with plastic wrap, pressing to remove as much air as possible. Wrap with heavy-duty foil. Store in freezer for up to 2 months.
- ☐ To prepare frozen unbaked lasagna: Thaw completely in refrigerator (about 24 hours). Preheat oven to 37
- ☐ Remove foil; reserve foil.
- ☐ Remove plastic wrap; discard wrap. Cover lasagna with reserved foil; bake at 375 for 1 hour. Uncover and bake an additional 30 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:23.2, Inflammation Score:-10, Nutrition Score:45.121739252754%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 18.24mg, Quercetin: 18.24mg, Quercetin: 18.24mg, Quercetin: 18.24mg

Nutrients (% of daily need)

Calories: 645.96kcal (32.3%), Fat: 17.81g (27.41%), Saturated Fat: 9.88g (61.77%), Carbohydrates: 83.06g (27.69%), Net Carbohydrates: 73.53g (26.74%), Sugar: 18.18g (20.2%), Cholesterol: 117.94mg (39.31%), Sodium: 2193.07mg (95.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.65g (79.29%), Vitamin K: 332.96µg (317.1%), Vitamin A: 14248.56IU (284.97%), Selenium: 61.39µg (87.7%), Calcium: 801.88mg (80.19%), Manganese: 1.52mg (75.8%), Vitamin C: 58.47mg (70.87%), Phosphorus: 610.12mg (61.01%), Potassium: 1673.27mg (47.81%), Folate: 190.65µg (47.66%), Magnesium: 165.44mg (41.36%), Vitamin E: 5.97mg (39.78%), Fiber: 9.53g (38.14%), Vitamin B2: 0.64mg (37.86%), Vitamin B6: 0.7mg (34.8%), Iron: 6.25mg (34.75%), Copper: 0.65mg (32.3%), Zinc: 4.03mg (26.89%), Vitamin B3: 4.88mg (24.42%), Vitamin B5: 2.01mg (20.12%), Vitamin B1: 0.29mg (19.41%), Vitamin B12: 0.79µg (13.13%), Vitamin D: 0.57µg (3.8%)