



## Caramelized-Onion Lasagna with Gorgonzola Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons butter divided
- ☐ 12 lasagna noodles cooked
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 24 ounce evaporated milk fat-free canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 5 ounces gorgonzola blue crumbled

- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 pounds onion thinly sliced
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pounds zucchini cut lengthwise into 1/4-inch-thick slices

## Equipment

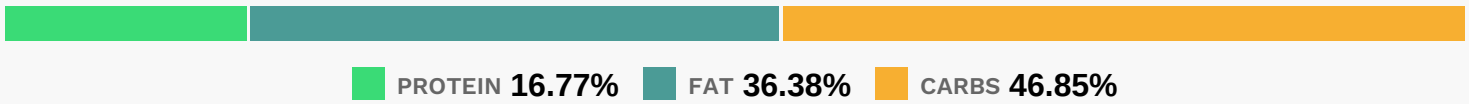
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Preheat oven to 37
- ☐ Melt 2 teaspoons butter in a large nonstick skillet over medium heat.
- ☐ Add onion, thyme, salt, and pepper; cook 20 minutes, stirring occasionally.
- ☐ Add the wine; cook 2 minutes or until wine evaporates. Spoon into a bowl; cool.
- ☐ Melt 1 teaspoon butter in pan over medium-high heat.
- ☐ Add half of the zucchini; cook 2 minutes or until crisp-tender.
- ☐ Remove from pan.
- ☐ Add remaining zucchini; cook 2 minutes or until crisp-tender. Set aside.
- ☐ Melt 2 tablespoons butter in a medium saucepan over medium heat.
- ☐ Add flour; cook 1 minute, stirring constantly with a whisk. Gradually add milk, stirring with a whisk. Cook 5 minutes or until thick, stirring constantly.
- ☐ Remove from heat.
- ☐ Add Gorgonzola and nutmeg; stir until cheese melts.

- ☐
- Spread 1/4 cup cheese sauce in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 noodles slightly overlapping over cheese sauce; top with half of onion mixture, half of zucchini, and 1 cup cheese sauce. Repeat layers, ending with noodles.
- ☐
- Spread the remaining cheese sauce over noodles.
- ☐
- Sprinkle with Parmesan. Cover and bake at 375 for 30 minutes. Uncover and bake an additional 15 minutes.
- ☐
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:48.31, Glycemic Load:16.55, Inflammation Score:-8, Nutrition Score:17.729565309442%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.59mg, Quercetin: 23.59mg, Quercetin: 23.59mg, Quercetin: 23.59mg

Nutrients (% of daily need)

Calories: 450.53kcal (22.53%), Fat: 17.95g (27.61%), Saturated Fat: 10.79g (67.43%), Carbohydrates: 52g (17.33%), Net Carbohydrates: 47.5g (17.27%), Sugar: 16.26g (18.06%), Cholesterol: 51.65mg (17.22%), Sodium: 470.19mg (20.44%), Alcohol: 1.54g (100%), Alcohol %: 0.47% (100%), Protein: 18.61g (37.22%), Selenium: 30.53µg (43.61%), Calcium: 407.93mg (40.79%), Phosphorus: 389.49mg (38.95%), Manganese: 0.64mg (31.92%), Vitamin C: 25.26mg (30.62%), Vitamin B2: 0.49mg (28.85%), Potassium: 748.83mg (21.4%), Vitamin B6: 0.4mg (20.15%), Fiber: 4.49g (17.98%), Magnesium: 71.22mg (17.8%), Folate: 65.63µg (16.41%), Zinc: 2.19mg (14.59%), Vitamin A: 672.45IU (13.45%), Vitamin B5: 1.3mg (13%), Iron: 2.16mg (12.02%), Vitamin B1: 0.17mg (11.41%), Copper: 0.21mg (10.31%), Vitamin B3: 1.36mg (6.82%), Vitamin B12: 0.4µg (6.73%), Vitamin K: 6.71µg (6.39%), Vitamin E: 0.5mg (3.3%), Vitamin D: 0.19µg (1.28%)