



Corn and Poblano Lasagna 2

READY IN



115 min.

SERVINGS



8

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups corn kernels fresh frozen thawed (from 2 ears)
- 1 teaspoon thyme leaves fresh
- 3 cloves garlic minced
- 2 cups heavy cream
- 12 sheets by-3-inch no-boil lasagna
- 2 cups pasilla de oaxaca shredded
- 4 poblano chiles stemmed peeled seeded cut into 1-inch strips
- 8 servings salt and pepper black freshly ground
- 4 tablespoons butter unsalted

- 0.5 cup onion white thinly sliced
- 1 large zucchini thinly sliced lengthwise

Equipment

- frying pan
- sauce pan
- oven
- blender
- baking pan
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Melt 2 tablespoons butter in a medium, heavy saucepan over medium heat.
- Add two-thirds of the garlic and the corn and saute for 5 minutes. Stir in the cream. Cook over medium-low heat for 5 minutes for the flavors to incorporate. Turn off the heat and let cool slightly.
- Transfer to a blender and season with the thyme and some salt and pepper, and puree until smooth.
- Heat the remaining 2 tablespoons butter in a small, heavy skillet over medium heat.
- Add the onions and saute until translucent, about 5 minutes.
- Add the remaining garlic and cook for 1 minute.
- Mix in the poblano strips and zucchini and cook for 5 minutes for the flavors to incorporate. Season with salt and pepper. Turn off the heat.
- Spread about one-quarter of the corn mixture over the bottom of an 11-by-8-inch baking dish. Cover with a layer of 3 lasagna sheets.
- Spread one-quarter of the poblano mixture and one-quarter of the cheese over the pasta. Repeat the layering three more times. Cover with foil.
- Bake until the pasta is cooked and tender, about 50 minutes.

Remove the foil and turn up the oven temperature to broil. Broil until golden brown and bubbly, 8 to 10 minutes.

Let stand for 15 minutes before serving.

Nutrition Facts

PROTEIN 12.75% **FAT 64.34%** **CARBS 22.91%**

Properties

Glycemic Index:19.88, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:11.377826224203%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 616.19kcal (30.81%), Fat: 45.28g (69.66%), Saturated Fat: 30.14g (188.4%), Carbohydrates: 36.28g (12.09%), Net Carbohydrates: 32.92g (11.97%), Sugar: 7.37g (8.19%), Cholesterol: 115.63mg (38.54%), Sodium: 556.1mg (24.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.37%), Vitamin C: 59.38mg (71.97%), Vitamin A: 1443.41IU (28.87%), Vitamin B6: 0.28mg (14.05%), Fiber: 3.36g (13.43%), Potassium: 452.64mg (12.93%), Manganese: 0.25mg (12.64%), Vitamin B2: 0.19mg (11.42%), Phosphorus: 100.74mg (10.07%), Calcium: 91.82mg (9.18%), Folate: 35.52µg (8.88%), Vitamin B1: 0.13mg (8.51%), Vitamin K: 8.86µg (8.44%), Magnesium: 32.79mg (8.2%), Vitamin D: 1.06µg (7.05%), Vitamin E: 1.01mg (6.72%), Vitamin B3: 1.18mg (5.88%), Vitamin B5: 0.58mg (5.82%), Copper: 0.1mg (4.89%), Iron: 0.69mg (3.86%), Zinc: 0.56mg (3.72%), Selenium: 2.37µg (3.38%), Vitamin B12: 0.11µg (1.78%)