



HEALTH SCORE

63%

## Crab lasagne



Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



1208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



600 ml milk



0.3 tsp nutmeg



85 g butter for greasing



50 g flour plain



227 ml double cream



100 g parmesan grated



1 eggs beaten



300 g crab meat white

- ☐ 1000 g leek washed and finely sliced trimmed well
- ☐ 12 sheets lasagne pasta sheets fresh
- ☐ 400 g filets skinless cubed

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ wok

## Directions

- ☐ Tip the milk, nutmeg, 50g of the butter and the flour into a non-stick pan.
- ☐ Heat while whisking or stirring until thickened.
- ☐ Remove from the heat and stir in the cream with plenty of seasoning. Measure 450ml of the sauce and beat half the Parmesan and the egg into it. Once cool, stir the crabmeat into the remaining sauce.
- ☐ Melt the remaining butter in a very large pan or wok, add the leeks and cook for about 10 mins, stirring frequently, until softened and cooked down.
- ☐ Lightly grease 2 x 20cm square ovenproof dishes trim the lasagne sheets to fit, if you need to.
- ☐ Spoon a quarter of the leeks into each dish and spread out. Top each with 2 lasagne sheets, then cover with the crab mixture and scatter over the chunks of fish. Top each with another 2 sheets, then cover with the leeks and the last of the sheets followed by the cheese sauce, then the remaining Parmesan.
- ☐ To freeze: Wrap the dishes in several layers of cling film, then foil. Use within 2 months. Thaw overnight in the fridge.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Unwrap the lasagnes and bake for 40 mins. (A freshly made version will take the same time.)
- ☐ Serve with a salad.

## Nutrition Facts



 **PROTEIN 21.37%**  **FAT 39.82%**  **CARBS 38.81%**

Properties

Glycemic Index:83.5, Glycemic Load:45.03, Inflammation Score:-10, Nutrition Score:57.649130282195%

Flavonoids

Kaempferol: 6.68mg, Kaempferol: 6.68mg, Kaempferol: 6.68mg, Kaempferol: 6.68mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 1208.38kcal (60.42%), Fat: 53.61g (82.47%), Saturated Fat: 31.96g (199.77%), Carbohydrates: 117.57g (39.19%), Net Carbohydrates: 110.02g (40.01%), Sugar: 21.43g (23.81%), Cholesterol: 261.18mg (87.06%), Sodium: 1363.27mg (59.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.73g (129.46%), Selenium: 134.09µg (191.56%), Vitamin B12: 9.02µg (150.35%), Vitamin A: 6101.14IU (122.02%), Vitamin K: 121.96µg (116.15%), Manganese: 2.12mg (105.91%), Phosphorus: 1017.04mg (101.7%), Calcium: 752.99mg (75.3%), Copper: 1.31mg (65.27%), Folate: 247.94µg (61.99%), Vitamin B6: 1.22mg (61.07%), Magnesium: 221.58mg (55.39%), Zinc: 8.11mg (54.05%), Iron: 8.21mg (45.6%), Vitamin C: 36.6mg (44.36%), Potassium: 1546.74mg (44.19%), Vitamin B2: 0.75mg (43.87%), Vitamin B1: 0.55mg (36.38%), Vitamin B3: 6.34mg (31.7%), Fiber: 7.55g (30.22%), Vitamin E: 4.31mg (28.71%), Vitamin D: 3.86µg (25.73%), Vitamin B5: 2.21mg (22.1%)