



Creamy Artichoke Lasagna

READY IN



100 min.

SERVINGS



40

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 baby artichokes fresh
- 1 cup chicken broth
- 1 eggs
- 0.3 cup flour all-purpose
- 1 cup basil fresh snipped
- 4 cloves garlic minced
- 2 cups half-and-half light
- 9 lasagna noodles dried
- 0.3 cup juice of lemon

- 3 Tbsp olive oil
- 4 oz parmesan cheese shredded finely
- 0.5 cup pinenuts
- 15 oz carton ricotta cheese
- 0.8 tsp salt
- 4 oz mozzarella cheese shredded
- 3 cups water

Equipment

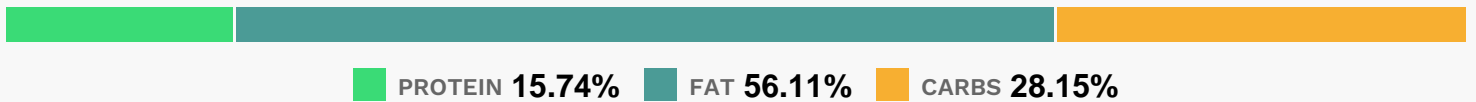
- bowl
- sauce pan
- oven
- baking pan

Directions

- In a large bowl, combine the water and lemon juice; set aside.
- Cut off the base of each artichoke. Snap off outer leaves until you reach leaves that are yellow at the bottom.
- Cut off the top third of artichokes; quarter artichokes. Immediately place artichokes in water mixture to keep them from browning.
- Drain artichokes.
- Meanwhile, preheat oven to 350 degrees F. Cook noodles according to package directions; drain. Rinse with cold water; drain again. In a large saucepan, heat 2 tablespoons of the oil over medium heat.
- Add artichokes, pine nuts, and half of the garlic. Cook for 8 to 10 minutes or until artichokes are tender, stirring frequently.
- Transfer to the large bowl. Stir in ricotta cheese, 1/2 cup of the Parmesan cheese, 1/2 cup of the basil, the egg, and salt.
- For sauce: In a small bowl or glass measure, combine broth and flour. In the large saucepan, heat the remaining 1 tablespoon oil over medium heat.

- Add the remaining garlic; cook and stir until garlic is tender but not brown. Stir in flour mixture and half-and-half. Cook and stir until mixture is thickened and bubbly.
- Remove from heat. Stir in the remaining 1/2 cup basil.
- In a small bowl, combine mozzarella cheese and the remaining 1/2 cup Parmesan cheese.
- To assemble, spread about 1 cup of the sauce over the bottom of an ungreased 3-quart shallow baking dish.
- Layer three of the cooked noodles in the dish.
- Spread with one-third of the artichoke mixture and one-third of the remaining sauce.
- Sprinkle with 1/2 cup of the mozzarella mixture. Repeat layering noodles, artichoke mixture, sauce, and mozzarella mixture two more times.
- Bake, uncovered, for 35 to 40 minutes until edges are bubbly and top is lightly browned.
- Let stand for 15 minutes before serving. Makes 12 servings.

Nutrition Facts



Properties

Glycemic Index:7.45, Glycemic Load:2.48, Inflammation Score:-4, Nutrition Score:4.3073912833048%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 136.93kcal (6.85%), Fat: 8.87g (13.65%), Saturated Fat: 4.31g (26.96%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 7.99g (2.91%), Sugar: 0.97g (1.08%), Cholesterol: 27.06mg (9.02%), Sodium: 184.41mg (8.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Manganese: 0.23mg (11.45%), Vitamin A: 532.63IU (10.65%), Selenium: 7.39µg (10.55%), Calcium: 94.12mg (9.41%), Fiber: 2.03g (8.11%), Phosphorus: 79.58mg (7.96%), Iron: 0.86mg (4.76%), Vitamin K: 4.6µg (4.38%), Vitamin B2: 0.07mg (4.36%), Zinc: 0.55mg (3.64%), Magnesium: 12.49mg (3.12%), Vitamin E: 0.47mg (3.1%), Vitamin B12: 0.17µg (2.83%), Copper: 0.05mg (2.69%), Vitamin C: 1.51mg (1.84%), Vitamin B1: 0.03mg (1.8%), Potassium: 59.61mg (1.7%), Folate: 6.53µg (1.63%), Vitamin B6: 0.03mg (1.48%), Vitamin B3: 0.28mg (1.38%), Vitamin B5: 0.13mg (1.29%)