



# Creamy Potato Lasagna

 Gluten Free

READY IN



95 min.

SERVINGS



8

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 ounce alfredo sauce
- 10 ounce broccoli frozen thawed chopped
- 1.5 cups seasoning cubes diced
- 0.5 teaspoon pepper black
- 1 cup milk
- 5 tablespoons parmesan cheese grated
- 3 pounds potatoes peeled sliced lengthwise
- 0.5 teaspoon salt

2 cups swiss cheese shredded

## Equipment

bowl

oven

whisk

baking pan

## Directions

Preheat oven to 400 degrees F (200 degrees C).

Lightly grease a 9x13 inch baking dish. In a medium bowl, whisk together the Alfredo sauce and milk.

Spread 1/4 cup of the sauce in the bottom of the baking dish. Then layer 1/3 of the potatoes over the sauce in the dish.

Sprinkle with 1 tablespoon of Parmesan cheese and salt and pepper to taste.

In a separate medium bowl, combine the ham, broccoli and 1 1/2 cups of the Swiss cheese.

Mix well and spread 1/3 of this mixture over the potatoes in the baking dish. Then top with another layer of potatoes, followed by the ham mixture, finally topping all with the remaining Swiss cheese and Parmesan cheese.

Pour the remaining Alfredo sauce over all.

Cover and bake at 400 degrees F (200 degrees C) for 45 minutes, then uncover and bake at 350 degrees F (175 degree C) for additional 25 minutes or until potatoes are tender.

Let stand 10 to 15 minutes before serving.

## Nutrition Facts



**PROTEIN 19.62%** **FAT 42.75%** **CARBS 37.63%**

## Properties

Glycemic Index:26.59, Glycemic Load:22.87, Inflammation Score:-7, Nutrition Score:18.87304338165%

## Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

## **Nutrients (% of daily need)**

Calories: 380.35kcal (19.02%), Fat: 18.25g (28.07%), Saturated Fat: 9.54g (59.62%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 31.44g (11.43%), Sugar: 4.46g (4.96%), Cholesterol: 70.84mg (23.61%), Sodium: 847.94mg (36.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.84g (37.68%), Vitamin C: 65.12mg (78.93%), Vitamin K: 40.1µg (38.19%), Calcium: 343.15mg (34.32%), Phosphorus: 326.14mg (32.61%), Vitamin B6: 0.6mg (30.21%), Potassium: 900.45mg (25.73%), Fiber: 4.7g (18.78%), Manganese: 0.36mg (17.81%), Vitamin B12: 1.02µg (17.04%), Selenium: 11.2µg (16%), Magnesium: 60.45mg (15.11%), Zinc: 2.08mg (13.87%), Vitamin B2: 0.23mg (13.58%), Folate: 52.18µg (13.04%), Vitamin B1: 0.18mg (12.15%), Copper: 0.22mg (10.85%), Vitamin A: 525.4IU (10.51%), Vitamin B3: 2.07mg (10.36%), Iron: 1.79mg (9.92%), Vitamin B5: 0.95mg (9.48%), Vitamin E: 0.49mg (3.25%), Vitamin D: 0.35µg (2.34%)