



Creamy Seafood Lasagna

READY IN



80 min.

SERVINGS



8

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup flour all-purpose
- 9 lasagne pasta sheets uncooked
- 0.3 cup butter
- 0.5 cup onion finely chopped
- 2 cloves garlic finely chopped
- 1 cup chicken broth (from 32-oz carton)
- 0.3 cup chicken broth dry
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

- 1 eggs slightly beaten
- 0.5 cup parmesan cheese grated
- 15 oz ricotta cheese
- 0.3 cup parsley fresh chopped
- 16 oz imitation crab frozen salad-style thawed drained chopped
- 8 oz shrimp frozen thawed cooked drained
- 12 oz mozzarella cheese shredded
- 1 tablespoon parsley fresh chopped
- 2 cups frangelico

Equipment

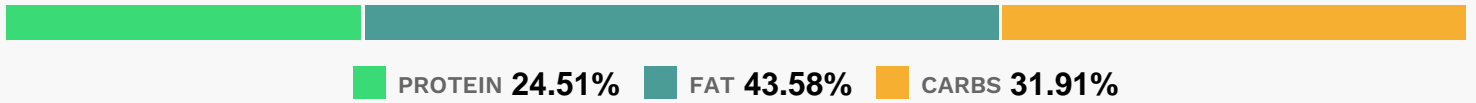
- bowl
- sauce pan
- oven
- glass baking pan

Directions

- Heat oven to 350°F. Cook noodles as directed on package.
- Meanwhile, in 3-quart saucepan, melt butter over medium heat.
- Add onion and garlic; cook 2 to 3 minutes, stirring occasionally, until onion is crisp-tender. Stir in flour; cook and stir until bubbly. Gradually stir in half-and-half, broth, sherry, salt and pepper.
- Heat to boiling, stirring constantly. Boil and stir 1 minute.
- Remove from heat and set aside.
- In medium bowl, mix egg, Parmesan cheese, ricotta cheese and 1/4 cup parsley; set aside.
- Drain noodles. In ungreased 13x9-inch (3-quart) glass baking dish, spread 3/4 cup of the sauce. Top with 3 noodles.
- Spread half of the crabmeat and half of the shrimp over noodles; spread with 3/4 cup of the sauce.
- Sprinkle with 1 cup of the mozzarella cheese; top with 3 noodles.

- Spread ricotta mixture over noodles; spread with 3/4 cup of the sauce.
- Sprinkle with 1 cup of the mozzarella cheese; top with 3 noodles.
- Spread with remaining crabmeat, shrimp and sauce.
- Sprinkle with remaining 1 cup mozzarella cheese.
- Bake 40 to 45 minutes or until cheese is light golden brown.
- Let stand 15 minutes before cutting.
- Sprinkle with 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:12.61, Inflammation Score:-7, Nutrition Score:16.29652175696%

Flavonoids

Apigenin: 5.12mg, Apigenin: 5.12mg, Apigenin: 5.12mg, Apigenin: 5.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg 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: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 525.04kcal (26.25%), Fat: 25.16g (38.71%), Saturated Fat: 12.46g (77.9%), Carbohydrates: 41.45g (13.82%), Net Carbohydrates: 39.43g (14.34%), Sugar: 3.95g (4.39%), Cholesterol: 139.26mg (46.42%), Sodium: 1142.23mg (49.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.83g (63.67%), Selenium: 40.36µg (57.66%), Calcium: 419.45mg (41.95%), Phosphorus: 418.18mg (41.82%), Vitamin K: 40.83µg (38.89%), Vitamin B12: 1.3µg (21.64%), Vitamin A: 1062.97IU (21.26%), Zinc: 3.13mg (20.87%), Manganese: 0.4mg (20.16%), Vitamin B2: 0.34mg (20.03%), Copper: 0.25mg (12.32%), Magnesium: 47.77mg (11.94%), Potassium: 298.14mg (8.52%), Iron: 1.47mg (8.15%), Fiber: 2.02g (8.07%), Folate: 30.75µg (7.69%), Vitamin B1: 0.1mg (6.65%), Vitamin B6: 0.12mg (6.19%), Vitamin B3: 1.01mg (5.05%), Vitamin C: 4.15mg (5.03%), Vitamin B5: 0.47mg (4.67%), Vitamin E: 0.52mg (3.48%), Vitamin D: 0.42µg (2.78%)