



Cupcake Lasagna

READY IN



110 min.

SERVINGS



8

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 small basil leaves for garnish
- 0.8 teaspoon beef bouillon paste
- 56 ounce tomatoes crushed canned (recommended: San Marzano)
- 3 carrots whole peeled cut into large pieces
- 8 cherry tomatoes for garnish
- 1 cup cooking wine dry white
- 2 tablespoons olive oil extra virgin
- 6 basil leaves fresh
- 2 cloves garlic peeled

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- 8 servings ground pepper black
- 0.5 juice of lemon juiced
- 8 servings kosher salt
- 8 ounces mozzarella cheese grated
- 3 tablespoons oil extra-virgin
- 3 ounces parmesan grated
- 1 pinch pepper flakes red
- 4 ounces ricotta cheese for frosting if desired (half reserved)
- 1 pound pkt spinach cleaned
- 0.8 teaspoon vegetable bouillon paste
- 1 package round wonton wrappers

Equipment

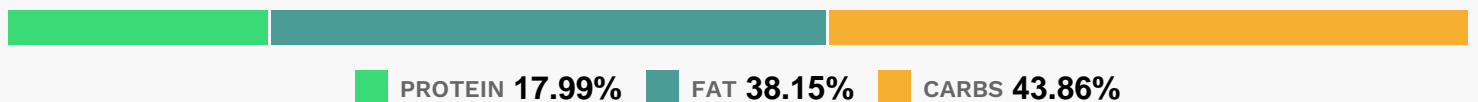
- bowl
- frying pan
- sauce pan
- oven
- muffin tray
- colander

Directions

- Special equipment: 8-cup nonstick muffin pan
- Prepare the tomato sauce.
- Preheat oven to 375 degrees F.
- Heat the oil in a large skillet over medium-high heat.
- Add the garlic cloves and red pepper flakes. Cook, stirring frequently, until the garlic is golden, about 5 minutes.
- Remove and discard the garlic.

- Add the spinach, a handful at a time, and stir-fry until it wilts, about 3 minutes.
- Add the lemon juice then transfer the spinach to a colander set over a bowl to drain.
- Reserve 8 tablespoons of Parmesan and 8 tablespoons of mozzarella this will be the topping. The remaining cheese will be used in the lasagnas (note you can vary the amount of cheese to taste keeping in mind that the Parmesan is salty, the mozzarella is sweet as well as salty and helps to hold the lasagnas together, and the ricotta is sweet and creamy).
- Start assembling the lasagnas. Line each cupcake mold with a round wonton wrapper. Put a little Parmesan, a little mozzarella, and a little ricotta into each mold. Top with a little spinach and a spoonful of sauce. Repeat layers of wonton wrappers, cheeses, spinach and sauce, creating 6 layers in all, and ending with sauce.
- Sprinkle each lasagna with reserved Parmesan and mozzarella. (The "cupcakes" can alternatively be topped with Pink Ricotta Frosting. (See Cook's Note.)
- Bake until the lasagnas are nicely browned, about 20 minutes.
- Serve warm garnished with cherry tomatoes and basil leaves.
- Heat the oil in a large saucepan over medium-high heat (it should coat the bottom of the pan, add a bit more if your pan is wide).
- Add the garlic cloves. Season with black pepper and cook, stirring frequently until the garlic is golden, about 5 minutes.
- Remove and discard the garlic. Lower the heat to medium and add the basil. Cook just until the basil wilts, then add the wine. Stir in the beef and vegetable bouillon pastes, then add the tomatoes and carrots. Simmer the sauce, stirring occasionally, until the carrots are soft and the sauce sweet, about 25 minutes. Discard the carrots. Season the sauce with salt and pepper then refrigerate or freeze until needed.

Nutrition Facts



Properties

Glycemic Index:61.23, Glycemic Load:5.84, Inflammation Score:-10, Nutrition Score:37.052608852801%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.39mg,

Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 511.39kcal (25.57%), Fat: 21.4g (32.92%), Saturated Fat: 7.8g (48.73%), Carbohydrates: 55.36g (18.45%), Net Carbohydrates: 48.46g (17.62%), Sugar: 11.27g (12.52%), Cholesterol: 41.92mg (13.97%), Sodium: 1205.85mg (52.43%), Alcohol: 3.09g (100%), Alcohol %: 0.87% (100%), Protein: 22.7g (45.4%), Vitamin K: 297.96µg (283.77%), Vitamin A: 10036.14IU (200.72%), Manganese: 1.4mg (69.98%), Vitamin C: 41.2mg (49.94%), Folate: 196.43µg (49.11%), Calcium: 467.99mg (46.8%), Selenium: 27.47µg (39.24%), Iron: 6.65mg (36.92%), Vitamin E: 5.41mg (36.07%), Phosphorus: 356.93mg (35.69%), Vitamin B1: 0.53mg (35.27%), Vitamin B2: 0.59mg (34.83%), Potassium: 1139.65mg (32.56%), Vitamin B3: 6.34mg (31.71%), Magnesium: 116.43mg (29.11%), Copper: 0.57mg (28.34%), Fiber: 6.9g (27.6%), Vitamin B6: 0.55mg (27.56%), Zinc: 2.68mg (17.86%), Vitamin B12: 0.83µg (13.9%), Vitamin B5: 0.84mg (8.42%), Vitamin D: 0.19µg (1.3%)