



WHATSheATE



HEALTH SCORE

52%

Easy pesto lasagne

READY IN



55 min.

SERVINGS



4

CALORIES



1363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 190 g pesto
- ☐ 500 g mascarpone cheese
- ☐ 200 g pkt spinach roughly chopped
- ☐ 250 g pea frozen
- ☐ 1 small pack basil chopped
- ☐ 1 small pack mint chopped
- ☐ 12 lasagne sheets fresh
- ☐ 1 tablespoon milk
- ☐ 85 g parmesan grated (or vegetarian alternative)

☐ 50 g pinenuts

Equipment

☐ frying pan

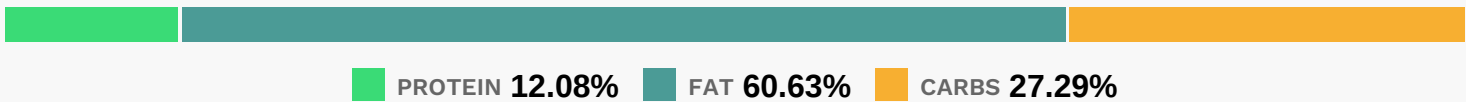
☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Place the pesto, half the mascarpone and 250ml water (or vegetable stock if you have some) in a pan.
- ☐ Heat and mix until smooth and bubbling.
- ☐ Add the spinach and peas and cook for a few more mins until the spinach has wilted and the peas thawed.
- ☐ Add the herbs and season.
- ☐ Place a third of the pesto mixture into a baking dish roughly 18 x 25cm. Top with 4 lasagne sheets, then repeat with 2 more layers of sauce and lasagne sheets, finishing with a layer of pasta.
- ☐ Mix enough milk into the remaining mascarpone to make a white sauce consistency, season, then pour over the top.
- ☐ Sprinkle with the Parmesan and pine nuts.
- ☐ Bake for 35-40 mins until golden brown on top and bubbling around the edges. Scatter over the reserved basil leaves and serve with a green salad, if you like.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:4.14, Inflammation Score:-10, Nutrition Score:41.005652406941%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 1363.08kcal (68.15%), Fat: 91.41g (140.63%), Saturated Fat: 42.74g (267.13%), Carbohydrates: 92.59g (30.86%), Net Carbohydrates: 86.18g (31.34%), Sugar: 4.59g (5.1%), Cholesterol: 235.68mg (78.56%), Sodium: 929.82mg (40.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.99g (81.97%), Vitamin K: 250.09µg (238.18%), Vitamin A: 7656.25IU (153.13%), Manganese: 2.54mg (127.17%), Folate: 454.85µg (113.71%), Vitamin B1: 1.11mg (73.98%), Calcium: 593.87mg (59.39%), Phosphorus: 550.76mg (55.08%), Vitamin B2: 0.79mg (46.29%), Iron: 8.3mg (46.12%), Magnesium: 172.02mg (43.01%), Copper: 0.69mg (34.64%), Vitamin B3: 5.51mg (27.54%), Zinc: 4.02mg (26.79%), Fiber: 6.41g (25.63%), Potassium: 779.81mg (22.28%), Vitamin C: 14.5mg (17.57%), Vitamin E: 2.41mg (16.04%), Vitamin B6: 0.31mg (15.55%), Vitamin B5: 1.11mg (11.14%), Vitamin B12: 0.67µg (11.1%), Selenium: 7µg (10%)