



 **49%**
HEALTH SCORE

Freeze-Ahead Lasagna Primavera

READY IN



105 min.

SERVINGS



8

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup olive oil plus more for foil
- 0.5 cup flour all-purpose
- 2 garlic clove minced
- 6 cups milk whole
- 20 ounces spinach frozen dry thawed chopped
- 10 ounces peas frozen
- 0.5 pound carrots halved lengthwise thinly sliced (4 to 5)
- 1 serving coarse mustard
- 15 ounces part-skim ricotta (2 cups)

- 1 large eggs
- 9 ounces no boil lasagna noodles (12 to 16 noodles)
- 1 pound part-skim mozzarella cheese shredded
- 1 cup parmesan grated

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil

Directions

- Preheat oven to 400 degrees. In a large saucepan, heat oil over medium; add flour and garlic. Cook, stirring constantly, 2 to 3 minutes (do not let flour mixture darken); whisk in milk. Bring to a boil; reduce to a simmer, and cook, whisking occasionally, until thickened, 3 to 5 minutes.
- Add spinach, peas, and carrots; season with salt and pepper. Set sauce aside.
- In a medium bowl, combine ricotta, egg, 1/2 teaspoon salt, and teaspoon pepper.
- In the bottom of a 9-by-13-inch baking dish, spread a thin layer of vegetable sauce.
- Layer noodles, half the remaining vegetable sauce, another noodles, half the ricotta mixture, half the mozzarella, and half the Parmesan; repeat.
- Cover dish with lightly oiled aluminum foil, and place on a large rimmed baking sheet.
- Bake 45 minutes, uncover, and bake until bubbling and browned, about 20 minutes more.
- Let cool 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:36.65, Glycemic Load:10.01, Inflammation Score:-10, Nutrition Score:37.073043574458%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 649.5kcal (32.47%), Fat: 30.95g (47.61%), Saturated Fat: 15.01g (93.83%), Carbohydrates: 54.26g (18.09%), Net Carbohydrates: 48g (17.45%), Sugar: 14.15g (15.73%), Cholesterol: 120.71mg (40.24%), Sodium: 777.15mg (33.79%), Alcohol: 0g (100%), Protein: 40.69g (81.39%), Vitamin A: 14223.01IU (284.46%), Vitamin K: 282.35µg (268.9%), Calcium: 1077.19mg (107.72%), Phosphorus: 736.93mg (73.69%), Vitamin B2: 0.85mg (50.27%), Selenium: 33.14µg (47.34%), Folate: 161.38µg (40.34%), Manganese: 0.78mg (38.79%), Vitamin B12: 1.81µg (30.22%), Magnesium: 119.68mg (29.92%), Zinc: 4.42mg (29.49%), Potassium: 920.36mg (26.3%), Fiber: 6.26g (25.04%), Vitamin B1: 0.37mg (24.99%), Vitamin C: 19.98mg (24.22%), Vitamin E: 3.57mg (23.79%), Vitamin B6: 0.42mg (20.9%), Iron: 2.94mg (16.33%), Vitamin D: 2.42µg (16.16%), Vitamin B5: 1.23mg (12.3%), Copper: 0.23mg (11.69%), Vitamin B3: 2.18mg (10.9%)