



Fresh Spinach and Sun-Dried Tomato Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce canned tomatoes diced with juice canned
- ☐ 1 carrots finely chopped
- ☐ 1 stalk celery finely chopped
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 8 servings ground pepper black to taste

- ☐ 3 cups heavy whipping cream
- ☐ 16 ounce lasagna noodles
- ☐ 0.8 pound mushrooms chopped
- ☐ 1.5 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 cup parmesan cheese grated
- ☐ 1 pinch salt
- ☐ 8 cups pkt spinach rinsed
- ☐ 2 sun-dried tomatoes chopped

Equipment

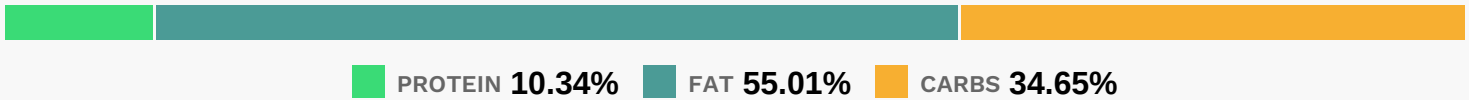
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish
- ☐ dutch oven

Directions

- ☐ Cook lasagna in boiling salted water in a large pot until al dente.
- ☐ Drain.
- ☐ Meanwhile, heat one half tablespoon of olive oil in a Dutch oven over medium heat.
- ☐ Add the chopped onion, celery, and carrots, stir and cook until onions have softened.
- ☐ Add mushrooms and garlic and continue to cook until the mushrooms have released their liquid, 2 or 3 minutes.
- ☐ Add wine and cook until most of the liquid has evaporated. Stir in chopped tomatoes(include liquid), sun-dried tomatoes, and thyme. Bring to a simmer, then reduce heat to low and simmer until thick. Season with salt and pepper.
- ☐ To make the white sauce, heat remaining oil in a heavy pan over low heat.

- ☐ Add flour, whisk constantly until the flour begins to turn a light brown.
- ☐ Remove pan from heat and whisk in cream. Season with nutmeg and a pinch of salt.
- ☐ Remove from heat and set aside.
- ☐ To assemble, spread 1/2 cup of the mushroom sauce in the bottom of a casserole dish, add one layer of noodles, then another 1/2 cup of mushroom sauce. Arrange a single layer of the fresh spinach leaves over the sauce and drizzle them with 1/3 cup of the white sauce.
- ☐ Sprinkle 2 tablespoons of the grated Parmesan cheese over the spinach and top with another layer of the noodles. Repeat 5 times.
- ☐ In a preheated 375 degree F (190 degrees C) oven bake for 40 minutes.
- ☐ Let stand for 10 to 15 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:57.98, Glycemic Load:21.11, Inflammation Score:-10, Nutrition Score:27.132608931998%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 649.81kcal (32.49%), Fat: 39.61g (60.93%), Saturated Fat: 23.07g (144.17%), Carbohydrates: 56.13g (18.71%), Net Carbohydrates: 52.4g (19.05%), Sugar: 6.48g (7.2%), Cholesterol: 111.73mg (37.24%), Sodium: 288.4mg (12.54%), Alcohol: 1.54g (100%), Alcohol %: 0.51% (100%), Protein: 16.75g (33.5%), Vitamin K: 154.74µg (147.37%), Vitamin A: 5539.56IU (110.79%), Selenium: 49.16µg (70.23%), Manganese: 0.95mg (47.68%), Phosphorus: 309.1mg (30.91%), Vitamin B2: 0.52mg (30.33%), Folate: 96.27µg (24.07%), Calcium: 226.95mg (22.7%), Copper: 0.38mg (19.2%), Magnesium: 75.4mg (18.85%), Potassium: 633.3mg (18.09%), Vitamin B3: 3.27mg (16.36%), Fiber: 3.73g (14.92%), Vitamin C: 11.98mg (14.52%), Vitamin B6: 0.28mg (13.86%), Iron: 2.49mg (13.84%), Zinc: 2.07mg (13.78%),

Vitamin E: 2.02mg (13.46%), Vitamin B5: 1.26mg (12.65%), Vitamin B1: 0.19mg (12.62%), Vitamin D: 1.58µg (10.5%),
Vitamin B12: 0.33µg (5.48%)