



 **17%**
HEALTH SCORE

Golden Lasagna

READY IN



75 min.

SERVINGS



8

CALORIES



343 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon curry powder
- 1 large eggs
- 2 cups fat-skimmed beef broth
- 0.3 cup flour all-purpose
- 2 tablespoons ginger fresh minced
- 0.5 teaspoon grating nutmeg
- 1 cup cream light (cream)
- 0.5 pound lasagne pasta sheets dried
- 3 tablespoons olive oil

- 2 onion peeled chopped (1 lb. total)
- 0.5 cup parmesan shredded
- 1 ricotta cheese
- 8 servings salt
- 24 oz baby squash frozen thawed

Equipment

- bowl
- frying pan
- oven
- spatula

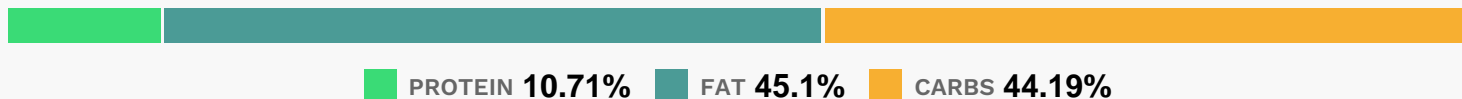
Directions

- In a 10- to 12-inch frying pan over high heat, frequently stir onions with 2 tablespoons butter until limp, about 5 minutes. Scoop out 1/2 cup of the onion mixture and set aside. To frying pan, add ginger, curry powder, and squash; mix, then scrape into a bowl. Stir ricotta cheese into squash mixture and add salt to taste.
- Add egg and mix well.
- Rinse and dry frying pan; return to high heat.
- Add remaining butter, the reserved onion mixture, and flour. Stir until flour is golden, about 3 minutes.
- Remove from heat; add broth and half-and-half.
- Mix until smooth. Stir over high heat until mixture boils; reduce heat and simmer, stirring often, about 5 minutes.
- Add 1/2 teaspoon nutmeg and salt to taste.
- Meanwhile, in a 5- to 6-quart pan over high heat, bring about 3 quarts water to a boil.
- Add lasagna and cook, stirring occasionally, until tender to bite, 12 to 16 minutes.
- Drain, immerse in cold water, then drain again.
- Spread about 1/2 cup of the onion sauce evenly over the bottom of a 9- by 13-inch casserole. Arrange 1/2 the lasagna neatly over sauce to cover. Spoon all the squash mixture onto pasta

and spread level. Cover neatly with remaining pasta and coat completely with remaining onion sauce.

- Sprinkle with parmesan cheese and dust with more nutmeg.
- Bake lasagna in a 375 oven until bubbling at edges and lightly browned on top, 35 to 40 minutes.
- Let stand 15 to 20 minutes; cut and serve with a wide spatula.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:11.36, Inflammation Score:-10, Nutrition Score:16.613043505213%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 342.73kcal (17.14%), Fat: 17.55g (27%), Saturated Fat: 7.9g (49.37%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 35.19g (12.8%), Sugar: 4.08g (4.54%), Cholesterol: 60.72mg (20.24%), Sodium: 552.18mg (24.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.76%), Vitamin A: 9434.49IU (188.69%), Selenium: 24.69µg (35.27%), Manganese: 0.54mg (27.19%), Vitamin C: 20.25mg (24.55%), Phosphorus: 177.73mg (17.77%), Vitamin E: 2.53mg (16.88%), Calcium: 158.6mg (15.86%), Magnesium: 56.61mg (14.15%), Fiber: 3.49g (13.96%), Potassium: 486.8mg (13.91%), Vitamin B6: 0.25mg (12.51%), Folate: 47.03µg (11.76%), Vitamin B1: 0.17mg (11.52%), Vitamin B3: 2.16mg (10.78%), Iron: 1.72mg (9.55%), Vitamin B2: 0.16mg (9.55%), Copper: 0.19mg (9.52%), Vitamin B5: 0.79mg (7.87%), Zinc: 0.98mg (6.54%), Vitamin K: 5.93µg (5.65%), Vitamin B12: 0.3µg (5.07%), Vitamin D: 0.34µg (2.24%)