



Green Bean Lasagna

READY IN



145 min.

SERVINGS



8

CALORIES



827 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter divided
- ☐ 3 tablespoons butter melted
- ☐ 1.5 cups round buttery crackers crushed
- ☐ 8 servings parmesan cream sauce
- ☐ 28.8 oz french-cut green beans frozen thawed
- ☐ 8 ounces mushrooms fresh assorted trimmed sliced
- ☐ 6 oz fried onions french
- ☐ 20 oz cheese blend shredded italian divided
- ☐ 12 lasagna noodles uncooked

- ☐ 15 oz ricotta cheese
- ☐ 2 large onions sweet halved sliced
- ☐ 0.3 cup white wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Drain green beans; pat dry with paper towels. Prepare noodles according to package directions.
- ☐ Meanwhile, melt 2 Tbsp. butter in a large skillet over medium-high heat; add onions, and saut 15 minutes or until golden brown.
- ☐ Transfer onions to a large bowl, and wipe skillet clean.
- ☐ Melt remaining 2 Tbsp. butter in skillet; add mushrooms, and saut 4 to 5 minutes or until tender.
- ☐ Add wine, and saut 3 minutes or until liquid is absorbed.
- ☐ Add mushrooms and green beans to caramelized onions in bowl; toss.
- ☐ Stir together ricotta cheese and 1 cup Italian cheese blend.
- ☐ Layer 1 cup Parmesan Cream Sauce, 3 noodles, half of green bean mixture, and 1 cup cheese blend in a lightly greased 15- x 10-inch baking dish. Top with 1 cup Parmesan Cream Sauce, 3 noodles, and all of ricotta cheese mixture. Top with 3 noodles, remaining green bean mixture, 1 cup cheese blend, and 1 cup Parmesan Cream Sauce. Top sauce with remaining 3 noodles, 1 cup Parmesan Cream Sauce, and 2 cups cheese blend.
- ☐ Bake at 350 for 50 minutes or until bubbly and golden brown. Toss together crackers and next 2 ingredients.

- ☐
- Remove lasagna from oven; sprinkle cracker mixture over top.
- ☐
- Bake 10 more minutes.
- ☐
- Let stand on a wire rack 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:15.29, Inflammation Score:-8, Nutrition Score:20.33217394352%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 14.8mg, Quercetin: 14.8mg, Quercetin: 14.8mg, Quercetin: 14.8mg

Nutrients (% of daily need)

Calories: 826.56kcal (41.33%), Fat: 48.68g (74.9%), Saturated Fat: 18.85g (117.79%), Carbohydrates: 66.58g (22.19%), Net Carbohydrates: 61.16g (22.24%), Sugar: 10.65g (11.83%), Cholesterol: 67.83mg (22.61%), Sodium: 555.54mg (24.15%), Alcohol: 0.77g (100%), Alcohol %: 0.23% (100%), Protein: 33.56g (67.11%), Selenium: 38.59µg (55.12%), Vitamin K: 51.3µg (48.86%), Manganese: 0.76mg (37.91%), Calcium: 337.21mg (33.72%), Phosphorus: 284.87mg (28.49%), Vitamin A: 1250.06IU (25%), Vitamin B2: 0.4mg (23.62%), Fiber: 5.41g (21.66%), Vitamin C: 17.02mg (20.63%), Folate: 80.06µg (20.01%), Vitamin B6: 0.37mg (18.73%), Copper: 0.36mg (17.86%), Magnesium: 67.24mg (16.81%), Potassium: 577.96mg (16.51%), Vitamin B3: 3.22mg (16.08%), Vitamin B1: 0.24mg (15.76%), Iron: 2.69mg (14.97%), Zinc: 1.81mg (12.04%), Vitamin B5: 1.09mg (10.89%), Vitamin E: 1.25mg (8.32%), Vitamin B12: 0.21µg (3.56%), Vitamin D: 0.16µg (1.09%)