



## Havarti Ham and Egg Lasagna

READY IN



600 min.

SERVINGS



8

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 16 oz alfredo sauce
- ☐ 14 oz asparagus frozen (3 cups)
- ☐ 0.5 cup breadcrumbs
- ☐ 2 tablespoons butter melted
- ☐ 2 cups finely-chopped ham diced cooked
- ☐ 4 eggs
- ☐ 3 cups havarti cheese shredded
- ☐ 9 lasagne pasta sheets uncooked
- ☐ 0.5 cup roasted peppers red drained sliced (from a jar)

☐ 0.5 cup water

## Equipment

☐ bowl

☐ sauce pan

☐ oven

☐ baking pan

☐ glass baking pan

## Directions

☐ Place eggs in single layer in small saucepan.

☐ Add enough water to cover eggs by 1 inch. Bring to a boil. Immediately remove from heat; cover and let stand 15 minutes.

☐ Drain; rinse with cold water.

☐ Place eggs in bowl of ice water; let stand 10 minutes.

☐ Meanwhile, spray 13x9-inch (3-quart) glass baking dish with nonstick cooking spray. In large bowl, combine Alfredo pasta sauce, asparagus, roasted peppers and water; mix well.

☐ Drain eggs. Peel; coarsely chop eggs. Arrange 3 uncooked noodles in bottom of sprayed baking dish. Top with 2/3 cup of the ham, 1/3 of the eggs and 1 cup cheese.

☐ Spread with 1 1/2 cups Alfredo sauce mixture. Repeat layers 2 more times ending with sauce. (Be sure top noodles are covered with sauce.) Cover; refrigerate at least 8 hours or overnight.

☐ Heat oven to 350F.

☐ Bake covered for 30 minutes.

☐ In small bowl, mix bread crumbs and butter. Uncover baking dish; sprinkle crumb mixture evenly over top of lasagna.

☐ Bake uncovered an additional 30 minutes or until thoroughly heated and topping is golden brown.

☐ Let stand 10 minutes before serving.

## Nutrition Facts



 PROTEIN **21.34%**  FAT **51.93%**  CARBS **26.73%**

Properties

Glycemic Index:15.5, Glycemic Load:9.74, Inflammation Score:-7, Nutrition Score:18.733043535896%

Flavonoids

Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 500.36kcal (25.02%), Fat: 28.66g (44.09%), Saturated Fat: 15.14g (94.63%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 30.73g (11.17%), Sugar: 3.18g (3.54%), Cholesterol: 184.47mg (61.49%), Sodium: 1253.86mg (54.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.49g (52.98%), Selenium: 38.76µg (55.37%), Phosphorus: 449.7mg (44.97%), Calcium: 306.98mg (30.7%), Vitamin B2: 0.43mg (25.15%), Manganese: 0.49mg (24.39%), Vitamin B1: 0.35mg (23.11%), Zinc: 3.44mg (22.93%), Vitamin K: 21.43µg (20.41%), Vitamin B12: 1.21µg (20.14%), Vitamin A: 962.86IU (19.26%), Folate: 76.81µg (19.2%), Vitamin C: 13.64mg (16.53%), Copper: 0.3mg (15.01%), Iron: 2.56mg (14.23%), Vitamin B6: 0.26mg (13.08%), Vitamin B3: 2.58mg (12.9%), Magnesium: 47.69mg (11.92%), Vitamin B5: 1.04mg (10.44%), Fiber: 2.46g (9.83%), Potassium: 335.48mg (9.59%), Vitamin E: 1.2mg (8.02%), Vitamin D: 0.55µg (3.68%)