



Kale and Mushroom Lasagna

 Very Healthy

READY IN



130 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.8 cup beef stock unsalted divided
- ☐ 0.3 teaspoon pepper black
- ☐ 14 ounce canned tomatoes unsalted crushed canned
- ☐ 14.5 ounce canned tomatoes unsalted diced canned
- ☐ 1 pound cremini mushrooms
- ☐ 0.3 cup cooking wine dry red
- ☐ 1 cup basil fresh chopped

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 10 garlic cloves divided minced
- ☐ 2 tablespoons half-and-half
- ☐ 8 cups kale chopped
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 cup onion chopped
- ☐ 3 tablespoons oregano fresh chopped
- ☐ 6 no-boil lasagna noodles uncooked
- ☐ 1 ounce pancetta
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup part-skim mozzarella cheese shredded
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 1 teaspoon red wine vinegar
- ☐ 2 tablespoons tomato paste unsalted

Equipment

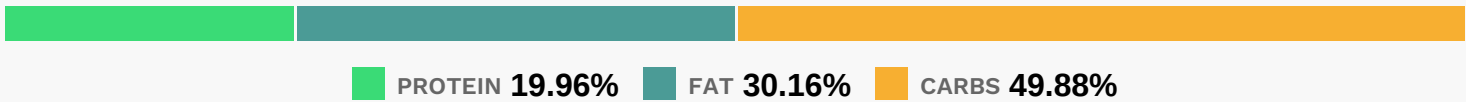
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add onion; cook 5 minutes or until tender, stirring occasionally.
- ☐ Add 8 garlic cloves; cook 1 minute.
- ☐ Add tomato paste, and cook 2 minutes, stirring to combine.

- ☐ Add wine; cook 1 minute.
- ☐ Add basil and next 4 ingredients (through bay leaf). Stir in 1/4 teaspoon salt. Bring to a boil; reduce heat, and simmer 15 minutes, stirring occasionally. Discard bay leaf.
- ☐ Place pancetta in a food processor; process until finely ground.
- ☐ Remove pancetta.
- ☐ Place mushrooms in food processor; process until finely ground.
- ☐ Heat a large skillet over medium-low heat.
- ☐ Add pancetta; cook 6 minutes or until crisp, stirring to crumble.
- ☐ Add remaining 1/4 teaspoon salt, mushrooms, and 1/4 cup stock. Increase heat to medium. Cook 10 minutes or until almost dry.
- ☐ Remove from heat; stir in half-and-half.
- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add remaining 1/2 cup stock and remaining 2 garlic cloves; bring to a boil.
- ☐ Add kale; cook 10 minutes or until kale wilts, stirring occasionally. Stir in vinegar.
- ☐ Preheat oven to 35
- ☐ Spread 1 cup sauce in bottom of an 8-inch square broiler-safe glass or ceramic baking dish coated with cooking spray. Arrange 2 noodles over sauce; top noodles with all of kale and 3/4 cup sauce. Arrange 2 noodles over kale and sauce; top with mushroom mixture and ricotta. Top with remaining 2 noodles.
- ☐ Spread remaining sauce over noodles; sprinkle with Parmesan. Cover and bake at 350 for 45 minutes.
- ☐ Turn on broiler (do not remove dish from oven). Uncover; sprinkle with mozzarella. Broil 2 minutes or until cheese melts.
- ☐ Let stand 5 minutes; sprinkle with parsley and pepper.

Nutrition Facts



Properties

Glycemic Index:84.5, Glycemic Load:4.3, Inflammation Score:-10, Nutrition Score:38.924347918967%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 11.92mg, Isorhamnetin: 11.92mg, Isorhamnetin: 11.92mg, Isorhamnetin: 11.92mg Kaempferol: 19.95mg, Kaempferol: 19.95mg, Kaempferol: 19.95mg, Kaempferol: 19.95mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 17.82mg, Quercetin: 17.82mg, Quercetin: 17.82mg, Quercetin: 17.82mg

Nutrients (% of daily need)

Calories: 411.18kcal (20.56%), Fat: 14.23g (21.88%), Saturated Fat: 5.46g (34.1%), Carbohydrates: 52.93g (17.64%), Net Carbohydrates: 43.96g (15.98%), Sugar: 13.21g (14.68%), Cholesterol: 37.7mg (12.57%), Sodium: 999.8mg (43.47%), Alcohol: 1.58g (100%), Alcohol %: 0.35% (100%), Protein: 21.18g (42.36%), Vitamin K: 237.76µg (226.44%), Vitamin A: 5641.13IU (112.82%), Vitamin C: 59.84mg (72.53%), Selenium: 42.14µg (60.2%), Vitamin B2: 0.97mg (57.09%), Manganese: 1.1mg (55.17%), Calcium: 515.29mg (51.53%), Copper: 0.93mg (46.45%), Potassium: 1410.02mg (40.29%), Phosphorus: 394.26mg (39.43%), Vitamin B3: 7.34mg (36.7%), Fiber: 8.97g (35.88%), Vitamin B6: 0.61mg (30.39%), Iron: 5.46mg (30.34%), Folate: 96.85µg (24.21%), Vitamin B5: 2.34mg (23.43%), Vitamin B1: 0.32mg (21.62%), Vitamin E: 3.23mg (21.54%), Magnesium: 81.67mg (20.42%), Zinc: 3.02mg (20.12%), Vitamin B12: 0.39µg (6.42%), Vitamin D: 0.22µg (1.5%)