



HEALTH SCORE

78%

Lasagna with Fall Vegetables, Gruyère, and Sage Béchamel



Very Healthy

READY IN



45 min.

SERVINGS



9

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 6 cups fat-free milk fat-free
- ☐ 0.7 cup flour all-purpose
- ☐ 0.3 cup fresh sage fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 4 ounces gruyère cheese shredded
- ☐ 12 lasagna noodles

- ☐ 1 tablespoon olive oil divided
- ☐ 0.5 cup onion finely chopped
- ☐ 2.5 cups onion finely chopped
- ☐ 3 ounces parmesan cheese fresh grated
- ☐ 1.5 pounds portobello mushroom caps chopped
- ☐ 0.5 teaspoon sea salt
- ☐ 1 teaspoon sea salt divided
- ☐ 2 tablespoons shallots finely chopped
- ☐ 10 ounce pkt spinach fresh
- ☐ 6 cups sweet potatoes and into cubed peeled () (2 1/2 pounds)
- ☐ 2 cups water
- ☐ 9 servings b[special_char

Equipment

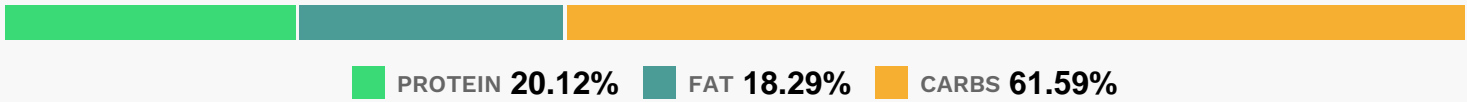
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Preheat oven to 45
- ☐ To prepare bchamel, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place flour in a Dutch oven, and gradually add milk, stirring with a whisk.

- ☐ Add 1/2 cup onion, sage, shallots, 1/2 teaspoon salt, and bay leaf. Bring the mixture to a boil; cook 1 minute or until thick. Strain bchamel through a sieve over a bowl, and discard solids.Set the bchamel aside.
- ☐ To prepare the filling, heat 1 1/2 teaspoons olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add 2 1/2 cups onion and garlic; saut 3 minutes.
- ☐ Add 1/2 teaspoon salt and spinach; saut 2 minutes or until spinach wilts. Set aside.
- ☐ Combine 1 1/2 teaspoons oil, 1/2 teaspoon salt, mushroom, and sweet potato on a jelly roll pan coated with cooking spray.
- ☐ Bake at 450 for 15 minutes.
- ☐ Combine cheeses; set aside.
- ☐ To prepare noodles, soak noodles in warm water in a 13 x 9-inch baking dish 5 minutes.
- ☐ Drain.
- ☐ Spread 3/4 cup bchamel in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 noodles over bchamel; top with half of mushroom mixture, 1 1/2 cups bchamel, and 1/3 cup cheese mixture. Top with 3 noodles, spinach mixture, 1 1/2 cups bchamel, and 1/3 cup cheese mixture. Top with 3 noodles, remaining mushroom mixture, 1 1/2 cups bchamel, and 3 noodles.
- ☐ Spread remaining bchamel over noodles.
- ☐ Bake at 450 for 20 minutes.
- ☐ Sprinkle with remaining cheese; bake an additional 10 minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:42.36, Glycemic Load:29.29, Inflammation Score:0, Nutrition Score:38.336956272955%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg,

Isorhamnetin: 2.67mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg
Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 12.1mg, Quercetin: 12.1mg,
Quercetin: 12.1mg, Quercetin: 12.1mg

Nutrients (% of daily need)

Calories: 455.69kcal (22.78%), Fat: 9.36g (14.4%), Saturated Fat: 4.46g (27.87%), Carbohydrates: 70.94g (23.65%),
Net Carbohydrates: 64.14g (23.32%), Sugar: 17.57g (19.52%), Cholesterol: 25.19mg (8.4%), Sodium: 784.03mg
(34.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.17g (46.34%), Vitamin A: 16061.23IU (321.22%),
Vitamin K: 155.49µg (148.08%), Copper: 1.65mg (82.52%), Selenium: 49.3µg (70.43%), Phosphorus: 554.37mg
(55.44%), Manganese: 1.11mg (55.39%), Calcium: 543.21mg (54.32%), Potassium: 1225.57mg (35.02%), Vitamin B2:
0.58mg (33.94%), Folate: 131.82µg (32.96%), Vitamin B6: 0.61mg (30.68%), Vitamin B3: 5.61mg (28.03%), Fiber:
6.81g (27.23%), Magnesium: 104.38mg (26.1%), Vitamin B5: 2.57mg (25.68%), Vitamin B1: 0.38mg (25.08%), Vitamin
B12: 1.3µg (21.67%), Zinc: 3.04mg (20.24%), Vitamin C: 15.42mg (18.69%), Iron: 2.86mg (15.86%), Vitamin D: 2.15µg
(14.31%), Vitamin E: 1.22mg (8.16%)