



Lasagna With Roasted Garlic Cream Sauce

READY IN



45 min.

SERVINGS



5

CALORIES



1051 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.7 cup chicken broth
- ☐ 3 tablespoons flour all-purpose
- ☐ 4 garlic bulbs separated
- ☐ 40 ounce lasagna frozen with meat sauce
- ☐ 0.3 cup parmesan cheese shredded finely
- ☐ 0.7 cup whipping cream

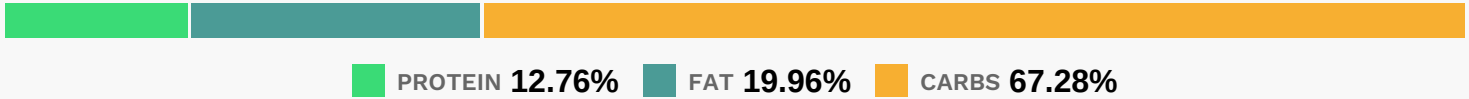
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Wrap garlic cloves in aluminum foil.
- ☐ Place garlic and lasagna on a baking sheet.
- ☐ Bake garlic and lasagna according to package directions for lasagna.
- ☐ Squeeze pulp from garlic cloves into a small saucepan.
- ☐ Add butter, and cook over medium heat until melted.
- ☐ Whisk in flour, and cook, whisking constantly, 1 minute. Gradually add chicken broth and whipping cream, and cook, whisking constantly, until mixture is thickened and bubbly. Spoon over lasagna, and sprinkle with cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.8, Glycemic Load:70.83, Inflammation Score:-8, Nutrition Score:23.568695586661%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1051.14kcal (52.56%), Fat: 23.06g (35.47%), Saturated Fat: 10.16g (63.52%), Carbohydrates: 174.85g (58.28%), Net Carbohydrates: 167.42g (60.88%), Sugar: 7.19g (7.99%), Cholesterol: 39.89mg (13.3%), Sodium: 298.23mg (12.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.16g (66.31%), Selenium: 147.4µg (210.58%), Manganese: 2.17mg (108.31%), Phosphorus: 493.47mg (49.35%), Copper: 0.68mg (33.94%), Magnesium:

126.78mg (31.69%), Fiber: 7.43g (29.72%), Zinc: 3.49mg (23.29%), Vitamin B3: 4.24mg (21.21%), Vitamin B6: 0.37mg (18.51%), Iron: 3.29mg (18.29%), Vitamin B1: 0.26mg (17.33%), Vitamin A: 806.84IU (16.14%), Potassium: 564.11mg (16.12%), Vitamin B2: 0.26mg (15.22%), Calcium: 136.56mg (13.66%), Folate: 50.83µg (12.71%), Vitamin B5: 1.13mg (11.25%), Vitamin E: 0.83mg (5.53%), Vitamin D: 0.53µg (3.55%), Vitamin B12: 0.13µg (2.09%), Vitamin K: 1.38µg (1.32%), Vitamin C: 0.96mg (1.16%)