



Lasagne Bolognese with Spinach

READY IN



1500 min.

SERVINGS



8

CALORIES



723 kcal

SAUCE

Ingredients

- ☐ 1 large carrots finely chopped
- ☐ 1 rib celery stalks finely chopped
- ☐ 1.5 cups wine dry white
- ☐ 4 large eggs lightly beaten
- ☐ 20 ounce spinach frozen thawed chopped
- ☐ 2 garlic clove chopped
- ☐ 2 pounds ground beef lean (not)
- ☐ 0.5 teaspoon nutmeg grated
- ☐ 0.3 cup olive oil

- ☐ 1 medium onion finely chopped
- ☐ 12 no boil lasagna noodles dried (from 1 box)
- ☐ 3 ounces pancetta sliced finely chopped
- ☐ 0.5 cup parmesan grated
- ☐ 30 ounce whole-milk ricotta cheese
- ☐ 1.5 teaspoon thyme leaves
- ☐ 0.3 cup tomato paste
- ☐ 0.8 cup milk whole divided

Equipment

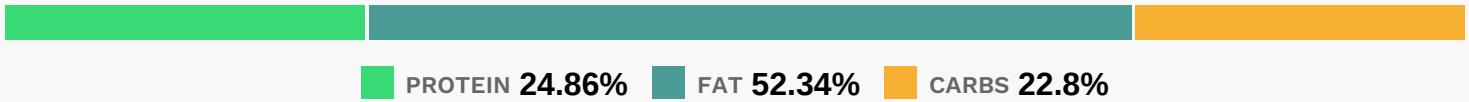
- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ kitchen towels

Directions

- ☐ Heat oil in a 12- to 14-inch heavy skillet over medium heat until it shimmers. Cook pancetta, onion, carrot, celery, and garlic, stirring occasionally, until vegetables are golden and softened, 12 to 15 minutes.
- ☐ Add beef and cook, stirring occasionally and breaking up any lumps, until meat is no longer pink, 6 to 10 minutes. Stir in wine, milk, tomato paste, thyme, 1/4 teaspoon salt, and 3/4 teaspoon pepper. Simmer, uncovered, stirring occasionally, until most of liquid has evaporated but sauce is still moist, about 1 hour.
- ☐ Put spinach in a kitchen towel (not terry cloth) and twist to squeeze out as much moisture as possible.
- ☐ Whisk together ricotta, eggs, parmesan, nutmeg, 1 1/4 teaspoons salt, and 1 teaspoon pepper.

- ☐ Transfer 1 1/2 cups ricotta mixture to another bowl and whisk in 1/4 cup milk; set aside.
- ☐ Whisk spinach into remaining filling with remaining 1/2 cup milk.
- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Soak noodles in a bowl of very warm water until pliable but not softened, 3 to 5 minutes.
- ☐ Place on a kitchen towel (it's not necessary to pat noodles dry).
- ☐ Spread 1 1/2 cups bolognese sauce in baking pan and sprinkle with 1 tablespoon parmesan. Cover with 3 noodles, leaving space in between.
- ☐ Spread half of spinach filling on top, then 1 cup bolognese sauce, and top with 1 tablespoon parmesan and 3 noodles; repeat. Top with remaining bolognese sauce, 1 tablespoon parmesan, and remaining 3 noodles.
- ☐ Pour reserved ricotta mixture over top and sprinkle with remaining 1/4 cup parmesan.
- ☐ Cover pan tightly with parchment paper and foil (or just buttered foil) and bake 50 minutes.
- ☐ Remove foil and bake until top is browned in spots, about 15 minutes more.
- ☐ Let stand 15 to 30 minutes before cutting.
- ☐ •Bolognese sauce can be made 2 days ahead and chilled (covered once cool).•Lasagne can be made 1 day ahead and chilled. Reheat in a 350°F oven, loosely covered with foil.

Nutrition Facts



Properties

Glycemic Index:46.98, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:32.441739331121%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 723.01kcal (36.15%), Fat: 39.39g (60.6%), Saturated Fat: 13.36g (83.5%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 34.66g (12.6%), Sugar: 8.07g (8.97%), Cholesterol: 216.59mg (72.2%), Sodium: 528.85mg (22.99%), Alcohol: 4.64g (100%), Alcohol %: 1.26% (100%), Protein: 42.1g (84.19%), Vitamin K: 272.41µg (259.44%), Vitamin A: 10182.71IU (203.65%), Vitamin B12: 2.9µg (48.35%), Selenium: 33.58µg (47.97%), Calcium: 414.96mg (41.5%), Zinc: 6.02mg (40.13%), Phosphorus: 369.06mg (36.91%), Vitamin B6: 0.66mg (32.93%), Manganese: 0.65mg (32.57%), Folate: 128.98µg (32.24%), Vitamin B2: 0.53mg (31.34%), Vitamin B3: 6.06mg (30.29%), Vitamin E: 4.24mg (28.27%), Iron: 4.61mg (25.63%), Potassium: 882.07mg (25.2%), Magnesium: 93.63mg (23.41%), Fiber: 3.94g (15.75%), Vitamin B1: 0.19mg (12.77%), Vitamin B5: 1.27mg (12.71%), Copper: 0.24mg (12.13%), Vitamin C: 8.08mg (9.8%), Vitamin D: 0.94µg (6.26%)