



Lobster-Artichoke Lasagna

READY IN



45 min.

SERVINGS



2

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup artichoke hearts canned drained coarsely chopped
- ☐ 0.3 teaspoon basil dried
- ☐ 1 tablespoon cooking wine dry white
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon garlic minced
- ☐ 3 lasagna noodles uncooked
- ☐ 8 ounce lobster tail fresh thawed
- ☐ 0.5 cup curd cottage cheese 1% low-fat

- ☐ 0.7 cup milk 1% low-fat
- ☐ 1 teaspoon butter reduced-calorie
- ☐ 3 tablespoons part-skim mozzarella cheese shredded divided
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons romano cheese freshly grated

Equipment

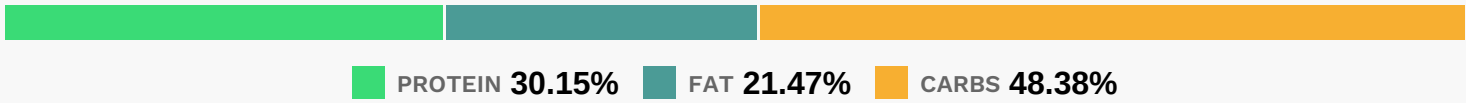
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Cook lobster tail in boiling water 6 to 8 minutes or until done; drain. Rinse with cold water. Split and clean tail. Coarsely chop lobster meat; set aside.
- ☐ Combine cottage cheese and next 4 ingredients in a small bowl, stirring well. Stir in chopped lobster and artichoke hearts; set aside.
- ☐ Melt margarine in a small heavy saucepan over medium heat; add flour. Cook, stirring constantly with a wire whisk, 1 minute. Gradually add milk, stirring constantly. Cook, stirring constantly, 5 minutes or until white sauce is thickened and bubbly. Stir in wine.
- ☐ Remove from heat, and keep warm.
- ☐ Cook lasagna noodles according to package directions, omitting salt and fat; drain.
- ☐ Cut each noodle in half crosswise.
- ☐ Spoon one-third of white sauce onto bottom of a 7- x 5 1/4- x 1 1/2-inch baking dish coated with cooking spray.
- ☐ Place 2 noodle halves lengthwise in a single layer over white sauce, and top with half of lobster mixture and 1 1/2 tablespoons mozzarella cheese. Repeat procedure with half of remaining white sauce, 2 noodle halves, remaining lobster mixture, and remaining mozzarella cheese. Top with remaining 2 noodle halves and remaining white sauce.

- ☐ Sprinkle with Romano cheese. Cover and bake at 350 for 15 minutes; uncover and bake an additional 30 to 35 minutes or until lightly browned.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:126.5, Glycemic Load:14.84, Inflammation Score:-6, Nutrition Score:19.174347639084%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 400.96kcal (20.05%), Fat: 9.15g (14.08%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 46.42g (15.47%), Net Carbohydrates: 42.75g (15.55%), Sugar: 7.97g (8.86%), Cholesterol: 65.91mg (21.97%), Sodium: 1107.85mg (48.17%), Alcohol: 0.77g (100%), Alcohol %: 0.25% (100%), Protein: 28.92g (57.85%), Selenium: 58.74µg (83.92%), Phosphorus: 436.38mg (43.64%), Calcium: 405.06mg (40.51%), Vitamin K: 36.04µg (34.33%), Copper: 0.59mg (29.46%), Manganese: 0.5mg (24.91%), Vitamin B12: 1.47µg (24.55%), Zinc: 3.08mg (20.53%), Vitamin B2: 0.34mg (20.21%), Fiber: 3.67g (14.66%), Magnesium: 57.8mg (14.45%), Vitamin A: 566.29IU (11.33%), Vitamin B5: 1.12mg (11.22%), Potassium: 383.35mg (10.95%), Vitamin B6: 0.21mg (10.63%), Vitamin B1: 0.14mg (9.31%), Vitamin B3: 1.68mg (8.38%), Folate: 31.88µg (7.97%), Iron: 1.26mg (6.98%), Vitamin D: 0.96µg (6.38%), Vitamin C: 2.78mg (3.37%), Vitamin E: 0.5mg (3.32%)