



## Maine Lobster Lasagna

READY IN



115 min.

SERVINGS



12

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 32 ounce alfredo pasta sauce
- 10 ounce baby spinach leaves
- 1 teaspoon pepper black freshly ground
- 2 eggs
- 2 tablespoons parsley fresh chopped
- 1 tablespoon garlic minced
- 2 pounds live maine lobsters cubed cooked
- 1 medium onion minced
- 16 no-boil lasagna noodles

- 1 cup parmesan cheese grated
- 15 ounce ricotta cheese
- 2 cups cheddar cheese shredded
- 1 cup mozzarella cheese shredded

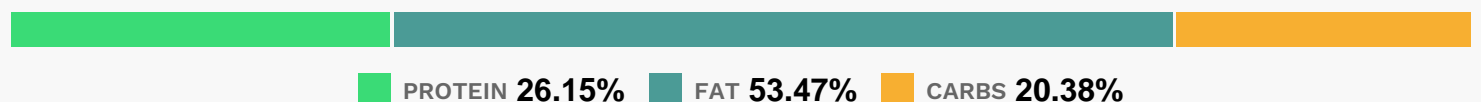
## Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking dish.
- In a large bowl, stir together the ricotta cheese, eggs, half of the Cheddar, half of the mozzarella cheese and half of the Parmesan cheese.
- Mix in the onion, garlic, parsley and pepper.
- Spread 1 1/2 cups of Alfredo sauce in the bottom of the prepared baking dish. Top with a layer of lasagna noodles. Arrange 1/3 of the lobster meat over the noodles, cover with 1/3 of the ricotta cheese mixture, then 1/3 of the spinach and then another layer of Alfredo sauce. Repeat this process two more times ending with sauce on top.
- Sprinkle the remainder of the Cheddar, mozzarella and Parmesan cheeses over the top. Give the whole pan a gentle shake to get everything settled in.
- Bake, covered loosely with aluminum foil, for 45 minutes in the preheated oven.
- Remove the foil and continue baking for an additional 10 minutes or until the top is browned.
- Let stand for 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:19.5, Glycemic Load:0.86, Inflammation Score:-9, Nutrition Score:25.825217340304%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 502.82kcal (25.14%), Fat: 29.63g (45.58%), Saturated Fat: 15.66g (97.89%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 23.79g (8.65%), Sugar: 2.43g (2.7%), Cholesterol: 235.13mg (78.38%), Sodium: 1215.14mg (52.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.6g (65.2%), Vitamin K: 126.58µg (120.55%), Selenium: 65.69µg (93.84%), Vitamin A: 2796.8IU (55.94%), Copper: 1.08mg (54.13%), Calcium: 423.28mg (42.33%), Phosphorus: 380.26mg (38.03%), Zinc: 4.66mg (31.04%), Vitamin B12: 1.66µg (27.59%), Vitamin B2: 0.3mg (17.66%), Folate: 69µg (17.25%), Magnesium: 63.74mg (15.93%), Manganese: 0.32mg (15.77%), Vitamin B5: 1.44mg (14.37%), Potassium: 447.1mg (12.77%), Vitamin C: 8.41mg (10.2%), Vitamin B6: 0.2mg (9.8%), Vitamin E: 1.46mg (9.76%), Vitamin B3: 1.47mg (7.34%), Iron: 1.3mg (7.2%), Fiber: 1.61g (6.44%), Vitamin B1: 0.06mg (3.86%), Vitamin D: 0.41µg (2.73%)