



WHATSheATE



Meaty Mushroom Lasagna

READY IN



95 min.

SERVINGS



8

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black as needed freshly ground plus more,
- ☐ 2 teaspoons pepper black freshly ground plus more for seasoning
- ☐ 8 servings butter for greasing the baking dish
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 tablespoons rosemary leaves fresh chopped
- ☐ 1.5 tablespoons thyme leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 pinch ground nutmeg
- ☐ 1.5 teaspoons kosher salt as needed

- ☐ 9 lasagna noodles plain
- ☐ 4 cups warm milk whole
- ☐ 1.5 pounds mushrooms such as cremini, shiitake and button, quartered assorted
- ☐ 3 tablespoons olive oil
- ☐ 8 servings olive oil for drizzling
- ☐ 1 medium onion chopped
- ☐ 2 ounces parmesan grated
- ☐ 8 ounces pancetta thinly sliced coarsely chopped
- ☐ 4 ounces mozzarella cheese smoked shredded
- ☐ 3 tablespoons butter unsalted at room temperature
- ☐ 5 tablespoons butter unsalted

Equipment

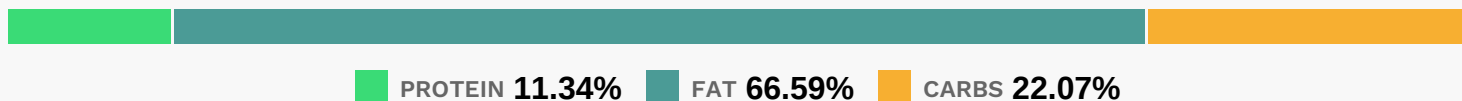
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Put an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Butter a 13 by 9 by 2-inch baking dish. Set aside.
- ☐ Sauce: In a 2-quart saucepan, melt the butter over medium heat.
- ☐ Add the flour and whisk until smooth. Gradually add the warm milk, whisking constantly to prevent lumps. Simmer over medium heat, whisking constantly, until the sauce is thick and smooth, about 8 minutes (do not allow the mixture to boil).

- ☐ Remove the pan from the heat and add the cheeses and nutmeg. Stir until the cheeses have melted and the sauce is smooth.
- ☐ Add the prosciutto, 1 tablespoon salt and 2 teaspoons pepper.
- ☐ Filling: In a large skillet, heat the oil and butter over medium-high heat.
- ☐ Add the onion, season with salt and pepper, to taste, and cook, stirring frequently until soft, about 5 to 6 minutes.
- ☐ Add the garlic and cook until aromatic, about 30 seconds.
- ☐ Add the mushrooms, rosemary and thyme and season with salt and pepper, to taste. Cook, stirring occasionally, until the mushrooms are golden and the liquid has evaporated, about 8 to 10 minutes.
- ☐ Add 1 tablespoon salt and 2 teaspoons pepper.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the noodles and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- ☐ Drain and set aside.
- ☐ To assemble the lasagna: Ladle 1/2 cup of the sauce over the bottom of the prepared baking dish.
- ☐ Lay 3 pasta noodles on top. Spoon 1/2 of the mushroom mixture on top of the pasta. Ladle 1 cup of the sauce over the mushroom mixture and lay 3 more noodles on top. Repeat the layers using the remaining mushroom mixture, 1 cup of sauce and the remaining 3 noodles. Top with the remaining sauce and sprinkle with 1 cup smoked mozzarella cheese and 1/2 cup Parmesan.
- ☐ Drizzle the top with olive oil and bake until the top is golden and the filling is bubbling about 35 to 40 minutes.
- ☐ Remove from the oven and cool for 5 minutes.
- ☐ Cut the lasagna into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:65.88, Glycemic Load:17.29, Inflammation Score:-9, Nutrition Score:21.46565215484%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 744.3kcal (37.21%), Fat: 55.8g (85.84%), Saturated Fat: 21.7g (135.6%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 38.78g (14.1%), Sugar: 9.26g (10.29%), Cholesterol: 90.22mg (30.07%), Sodium: 914.03mg (39.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.76%), Selenium: 42.96µg (61.37%), Phosphorus: 418.28mg (41.83%), Vitamin B2: 0.67mg (39.67%), Calcium: 338.7mg (33.87%), Manganese: 0.59mg (29.57%), Vitamin B3: 5.44mg (27.21%), Vitamin E: 3.5mg (23.33%), Vitamin B5: 2.17mg (21.75%), Vitamin B1: 0.32mg (21.6%), Vitamin B12: 1.28µg (21.25%), Copper: 0.42mg (21.2%), Potassium: 659.14mg (18.83%), Vitamin A: 913.41IU (18.27%), Vitamin B6: 0.34mg (16.9%), Zinc: 2.48mg (16.54%), Vitamin K: 15.5µg (14.76%), Magnesium: 56.49mg (14.12%), Vitamin D: 1.93µg (12.85%), Fiber: 2.84g (11.37%), Iron: 1.95mg (10.85%), Folate: 40.39µg (10.1%), Vitamin C: 5.34mg (6.47%)