



Mediterranean Lasagna

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained coarsely chopped canned
- ☐ 1.5 tablespoons butter
- ☐ 1 cup .5 can cannellini beans canned drained
- ☐ 1.5 cups milk fat-free
- ☐ 0.5 teaspoon fennel seeds
- ☐ 4 ounce feta cheese crumbled
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 2 cups leek chopped

- ☐ 1 teaspoon mint flakes dried
- ☐ 1.5 cups onion chopped
- ☐ 6 no-boil lasagna noodles (such as Barilla or Vigo)
- ☐ 3 tablespoons parmesan cheese fresh divided grated
- ☐ 3 ounces part-skim mozzarella cheese shredded divided
- ☐ 7 ounce roasted bell peppers red drained chopped
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

Equipment

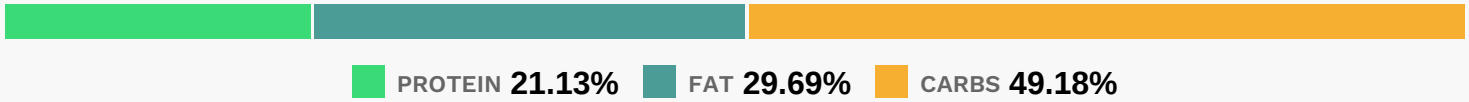
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add leek and next 4 ingredients (leek through garlic), and saut 5 minutes.
- ☐ Add artichokes and bell pepper, and saut 3 minutes. Stir in beans, and remove from heat.
- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add flour, and cook 2 minutes, stirring constantly with a whisk. Gradually add milk, stirring with a whisk until blended, and cook until slightly thick (about 4 minutes).
- ☐ Remove from heat.
- ☐ Add feta and 2 tablespoons Parmesan; stir until cheese melts.
- ☐ Spread 1/4 cup cheese sauce in bottom of an 8-inch square baking dish coated with cooking spray. Arrange 2 noodles over cheese sauce; top with half of leek mixture, half of spinach, 1/4 cup mozzarella, and 1/2 cup cheese sauce. Repeat layers, ending with noodles.
- ☐ Pour remaining cheese sauce over noodles, and sprinkle with 1/4 cup mozzarella and 1 tablespoon Parmesan.

- ☐
- Cover and bake at 375 for 35 minutes. Uncover and bake 15 minutes or until top is golden.
- ☐
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:6.26, Inflammation Score:-10, Nutrition Score:26.537825791732%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 321.27kcal (16.06%), Fat: 10.82g (16.65%), Saturated Fat: 6.28g (39.25%), Carbohydrates: 40.34g (13.45%), Net Carbohydrates: 34.07g (12.39%), Sugar: 7.38g (8.19%), Cholesterol: 44.99mg (15%), Sodium: 1132.62mg (49.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.67%), Vitamin K: 191.62µg (182.5%), Vitamin A: 6596.83IU (131.94%), Calcium: 444.63mg (44.46%), Manganese: 0.81mg (40.26%), Folate: 133.67µg (33.42%), Vitamin C: 25mg (30.3%), Phosphorus: 297.98mg (29.8%), Vitamin B2: 0.45mg (26.73%), Fiber: 6.26g (25.06%), Vitamin B6: 0.43mg (21.51%), Magnesium: 84.04mg (21.01%), Potassium: 644.58mg (18.42%), Iron: 3.18mg (17.65%), Selenium: 11.67µg (16.67%), Zinc: 2.09mg (13.92%), Vitamin B1: 0.21mg (13.88%), Vitamin B12: 0.83µg (13.78%), Vitamin E: 2.03mg (13.53%), Copper: 0.25mg (12.71%), Vitamin B5: 0.65mg (6.52%), Vitamin B3: 1.08mg (5.38%), Vitamin D: 0.8µg (5.36%)