



Mushroom Lasagna

READY IN



85 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon butter
- ☐ 8 ounce pre cremini mushrooms
- ☐ 1 ounce porcini mushrooms dried
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons chives fresh divided chopped
- ☐ 1.5 tablespoons thyme leaves fresh chopped
- ☐ 6 garlic cloves divided minced
- ☐ 3 cups milk 2% divided reduced-fat

- ☐ 4 ounce pre exotic mushroom blend
- ☐ 2 tablespoons olive oil divided
- ☐ 9 no-boil lasagna noodles
- ☐ 2 ounces parmigiano-reggiano cheese grated
- ☐ 1 teaspoon salt divided
- ☐ 1.3 cups shallots chopped (4)
- ☐ 1 cup water boiling
- ☐ 0.5 cup white wine

Equipment

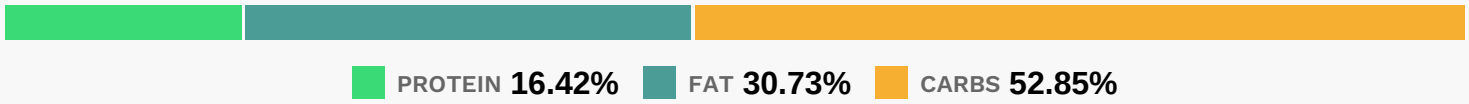
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ cheesecloth

Directions

- ☐ Preheat oven to 35
- ☐ Combine 1 cup boiling water and porcini. Cover and let stand 30 minutes; strain mixture through a cheesecloth-lined sieve over a bowl, reserving liquid and mushrooms.
- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add shallots to pan; saut 3 minutes.
- ☐ Add cremini and exotic mushrooms, 1/2 teaspoon salt, and 1/4 teaspoon pepper; saut 6 minutes or until mushrooms are browned.

- ☐ Add thyme and 3 garlic cloves; saut 1 minute. Stir in wine; bring to a boil. Cook 1 minute or until liquid almost evaporates, scraping pan to loosen browned bits.
- ☐ Remove from heat; stir in cream cheese and 1 tablespoon chives.
- ☐ Add reserved porcini mushrooms.
- ☐ Heat a saucepan over medium-high heat.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add remaining 3 garlic cloves to pan; saut 30 seconds.
- ☐ Add the reserved porcini liquid, 2 3/4 cups milk, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper; bring to a boil.
- ☐ Combine remaining 1/4 cup milk and flour in a small bowl; stir with a whisk.
- ☐ Add flour mixture to milk mixture, and simmer 2 minutes or until slightly thick, stirring constantly with a whisk.
- ☐ Spoon 1/2 cup sauce into an 11 x 7-inch glass or ceramic baking dish coated with cooking spray, and top with 3 noodles.
- ☐ Spread half of mushroom mixture over noodles. Repeat layers, ending with remaining sauce.
- ☐ Sprinkle cheese over top.
- ☐ Bake at 350 for 45 minutes or until golden. Top with remaining 1 tablespoon chopped chives.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:5.7, Inflammation Score:-9, Nutrition Score:16.759565177171%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 356.98kcal (17.85%), Fat: 12.15g (18.7%), Saturated Fat: 4.92g (30.78%), Carbohydrates: 47.04g (15.68%), Net Carbohydrates: 42.74g (15.54%), Sugar: 11.87g (13.19%), Cholesterol: 32.94mg (10.98%), Sodium: 623.83mg (27.12%), Alcohol: 2.06g (100%), Alcohol %: 0.76% (100%), Protein: 14.61g (29.22%), Vitamin B2: 0.59mg (34.6%), Phosphorus: 301.21mg (30.12%), Selenium: 21µg (30.01%), Calcium: 298.21mg (29.82%), Copper: 0.55mg (27.54%), Vitamin B5: 2.56mg (25.55%), Manganese: 0.48mg (24.01%), Potassium: 751.21mg (21.46%), Vitamin B6: 0.42mg (21.18%), Vitamin B3: 3.46mg (17.3%), Fiber: 4.3g (17.2%), Zinc: 2.14mg (14.25%), Folate: 54.69µg (13.67%), Vitamin B12: 0.78µg (13.01%), Magnesium: 48.76mg (12.19%), Vitamin B1: 0.18mg (12.13%), Vitamin C: 8.66mg (10.5%), Iron: 1.72mg (9.54%), Vitamin A: 382.3IU (7.65%), Vitamin K: 6.31µg (6.01%), Vitamin E: 0.82mg (5.43%), Vitamin D: 0.34µg (2.3%)