



Mushroom Lasagna with Creamy Béchamel

READY IN



45 min.

SERVINGS



8

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.5 pound cremini mushrooms sliced
- ☐ 1 ounce porcini mushrooms dried
- ☐ 3 tablespoons flour all-purpose sifted
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 8 ounce precooked lasagna noodles

- ☐ 3 cups milk 1% low-fat
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped
- ☐ 4 ounces parmesan cheese fresh grated
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds shiitake mushroom caps sliced
- ☐ 2 cups water boiling
- ☐ 2 teaspoons or dried fresh chopped
- ☐ 8 servings b[special_char]
- ☐ 0.5 cup côtes du Rhône fruity red
- ☐ 8 servings b[special_char]
- ☐ 0.5 cup côtes du Rhône fruity

Equipment

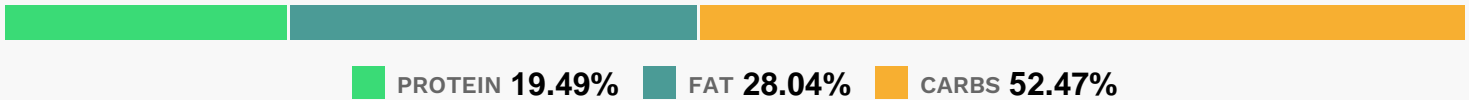
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ To prepare filling, combine water and porcini in a small bowl; let stand 30 minutes.

- ☐ Drain porcini through a sieve over a bowl, squeezing porcini to extract liquid. Reserve 1 1/2 cups liquid; discard remaining liquid. Rinse porcini, and drain. Chop coarsely; set aside.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion; saut 5 minutes or until tender.
- ☐ Add garlic; saut 30 seconds.
- ☐ Add shiitake mushrooms, cremini mushrooms, and 1/2 teaspoon salt. Saut 5 minutes or until mushrooms release moisture and begin to brown. Stir in porcini, wine, and soy sauce. Cook 4 minutes or until liquid almost evaporates, stirring frequently. Stir in parsley and rosemary.
- ☐ Add the reserved porcini liquid; bring to a simmer. Cook until liquid is reduced to 3/4 cup (about 10 minutes).
- ☐ Remove from heat; stir in 1/4 teaspoon pepper.
- ☐ To prepare bchamel, place milk in a 4-cup glass measure. Microwave at HIGH 3 minutes or until hot, stirring after 2 minutes. Melt butter in a large, heavy saucepan over medium heat.
- ☐ Add flour, stirring with a whisk, and cook 1 minute or until bubbly, stirring constantly. Gradually add milk, stirring constantly with a whisk. Bring to a simmer; cook over low heat 8 minutes or until sauce slightly thickens, stirring frequently.
- ☐ Remove from heat, and stir in 1/2 teaspoon salt, 1/4 teaspoon pepper, and nutmeg.
- ☐ Preheat oven to 35
- ☐ Spread 1/2 cup bchamel in bottom of an 11 x 7-inch baking dish coated with cooking spray. Arrange 3 noodles over bchamel; top with 1/2 cup bchamel. Top with 1 cup mushroom mixture.
- ☐ Sprinkle with 1/4 cup cheese. Repeat layers three times (dish will be very full). Cover with foil; place baking dish on a baking sheet.
- ☐ Bake at 350 for 30 minutes. Uncover lasagna; bake an additional 15 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:60.88, Glycemic Load:12.35, Inflammation Score:-7, Nutrition Score:21.197825867197%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 315.7kcal (15.78%), Fat: 10.11g (15.56%), Saturated Fat: 5g (31.23%), Carbohydrates: 42.57g (14.19%), Net Carbohydrates: 38.06g (13.84%), Sugar: 9.61g (10.67%), Cholesterol: 21.59mg (7.2%), Sodium: 518.94mg (22.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.62%), Selenium: 38.24µg (54.62%), Phosphorus: 405.16mg (40.52%), Vitamin B2: 0.59mg (34.76%), Manganese: 0.66mg (33%), Vitamin K: 32.7µg (31.15%), Calcium: 311.39mg (31.14%), Vitamin B5: 3.07mg (30.71%), Vitamin B3: 5.77mg (28.84%), Copper: 0.57mg (28.58%), Vitamin B6: 0.49mg (24.72%), Potassium: 743.81mg (21.25%), Zinc: 2.78mg (18.55%), Fiber: 4.51g (18.03%), Magnesium: 64.32mg (16.08%), Vitamin B12: 0.74µg (12.4%), Folate: 48.52µg (12.13%), Vitamin B1: 0.18mg (11.88%), Vitamin A: 531.67IU (10.63%), Vitamin D: 1.55µg (10.34%), Iron: 1.42mg (7.87%), Vitamin C: 6.06mg (7.35%), Vitamin E: 0.45mg (3%)