



No-Fail Baked Seafood Lasagna

READY IN



75 min.

SERVINGS



15

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 Tbsp butter
- 12 oz crab meat flaked drained canned
- 9 lasagna noodles cooked drained
- 1 cup knudsen cottage cheese
- 3 Tbsp flour
- 10 oz pkt spinach frozen thawed drained chopped
- 0.1 tsp ground nutmeg
- 1 cup low-moisture part-skim mozzarella cheese shredded divided kraft
- 3 cups milk

- 0.5 cup parmesan cheese grated kraft
- 0.5 lb shrimp deveined cooked peeled

Equipment

- frying pan
- sauce pan
- oven
- whisk

Directions

- Heat oven to 350F.
- Melt butter in large saucepan on medium heat.
- Whisk in flour until well blended. Gradually stir in milk. Bring to boil on medium heat, stirring constantly; simmer on low heat 3 to 5 min. or until thickened, stirring constantly.
- Remove from heat. Stir in Parmesan; set aside.
- Mix spinach, cottage cheese, 2/3 cup mozzarella and nutmeg.
- Spread 2/3 cup Parmesan sauce onto bottom of 13x9-inch pan. Cover with 3 lasagna noodles and layers of half each of the shrimp, crabmeat and spinach mixture; top with 2/3 cup of the remaining Parmesan sauce. Repeat layers, starting with the noodles. Top with remaining noodles, Parmesan cheese sauce and mozzarella; cover.
- Bake 45 min. or until heated through, uncovering after 25 min.
- Let stand 10 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:20.57, Glycemic Load:6.9, Inflammation Score:-9, Nutrition Score:15.320869601291%

Nutrients (% of daily need)

Calories: 195.95kcal (9.8%), Fat: 7.3g (11.23%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 15.19g (5.52%), Sugar: 3.14g (3.49%), Cholesterol: 68.36mg (22.79%), Sodium: 345.51mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.01%), Vitamin K: 70.9µg (67.52%), Vitamin A: 2451.02IU (49.02%), Selenium: 25.43µg (36.33%), Phosphorus: 245.16mg (24.52%), Calcium: 217.66mg (21.77%), Vitamin B12: 1.19µg (19.83%), Copper: 0.32mg (15.85%), Manganese: 0.29mg (14.37%), Zinc: 1.98mg (13.17%), Vitamin B2: 0.2mg (11.96%), Folate: 46.89µg (11.72%), Magnesium: 44.39mg (11.1%), Potassium: 282.41mg (8.07%), Vitamin E: 1.12mg (7.45%), Vitamin B6: 0.13mg (6.52%), Iron: 1.12mg (6.23%), Vitamin B5: 0.57mg (5.71%), Vitamin B3: 1.03mg (5.15%), Vitamin B1: 0.08mg (5.03%), Fiber: 1.24g (4.96%), Vitamin D: 0.59µg (3.93%), Vitamin C: 1.79mg (2.17%)