



Open lasagne of mushrooms & olives

READY IN



45 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 sheets lasagne pasta sheets fresh
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 200 g crimini mushrooms sliced
- ☐ 200 g mushrooms wild mixed trimmed
- ☐ 50 g parmesan freshly grated
- ☐ 2 tbsp balsamic vinegar
- ☐ 100 ml olive oil extra virgin extra-virgin
- ☐ 1 pepper dried red finely chopped
- ☐ 2 handfuls olive green halved

- ☐ 1 handful parsley roughly chopped
- ☐ 6 sprigs marjoram fresh leaves picked roughly chopped

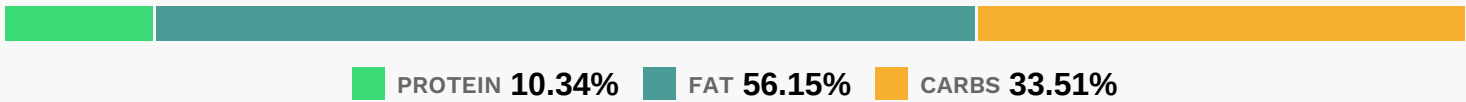
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ To make the dressing, gently heat the balsamic vinegar, olive oil and chilli together with 1 tbsp of water. Once warm, add the olives and the herbs, remove from the heat and set aside.
- ☐ Bring a large pot of water to the boil, add the lasagne sheets and salt if you wish, then simmer for 3 mins. Meanwhile, heat the sunflower oil in a large frying pan until very hot.
- ☐ Add the flat cap mushrooms and fry for 1 min until they start to colour.
- ☐ Add mixed mushrooms and fry for 2–3 mins more. Season if you want to and set aside.
- ☐ Drain the lasagne sheets and put one on the base of each of four large plates. Scatter the mushroom mixture over and put a second sheet on top. Spoon over the dressing, sprinkle over the parmesan and serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:17.98, Inflammation Score:-5, Nutrition Score:19.989999952524%

Flavonoids

Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 564.78kcal (28.24%), Fat: 35.67g (54.88%), Saturated Fat: 6.28g (39.28%), Carbohydrates: 47.89g (15.96%), Net Carbohydrates: 44.89g (16.32%), Sugar: 4.72g (5.24%), Cholesterol: 8.5mg (2.83%), Sodium: 369.01mg (16.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.55%), Selenium: 55.95µg

(79.93%), Vitamin K: 49.4µg (47.05%), Vitamin E: 6.67mg (44.45%), Manganese: 0.62mg (31.24%), Vitamin B2: 0.52mg (30.83%), Phosphorus: 298.82mg (29.88%), Copper: 0.59mg (29.62%), Vitamin B3: 4.75mg (23.73%), Calcium: 180.86mg (18.09%), Vitamin B5: 1.81mg (18.08%), Potassium: 545.03mg (15.57%), Zinc: 1.98mg (13.18%), Fiber: 3g (12%), Magnesium: 47.34mg (11.83%), Vitamin B6: 0.2mg (10.17%), Vitamin B1: 0.15mg (9.82%), Iron: 1.65mg (9.17%), Folate: 35.49µg (8.87%), Vitamin A: 323.35IU (6.47%), Vitamin C: 3.88mg (4.7%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.21µg (1.42%)