



Pesto and Pea Lasagna

READY IN



100 min.

SERVINGS



12

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 ounces basil fresh packed
- 0.3 teaspoon pepper black as needed freshly ground plus more
- 8 ounces mozzarella fresh thinly sliced
- 2 medium garlic clove finely chopped
- 0.5 cup cup heavy whipping cream
- 2 teaspoons kosher salt as needed plus more
- 12 servings olive oil for coating the foil
- 8 ounce no boil lasagna noodles (12 noodles)
- 1 ounce parmesan cheese finely grated

- 1 pound peas frozen thawed
- 0.5 cup pinenuts toasted
- 1.5 pounds ricotta cheese

Equipment

- food processor
- bowl
- oven
- baking pan
- aluminum foil

Directions

- Heat the oven to 375°F and arrange a rack in the middle.
- Combine all of the ingredients except the oil in the bowl of a food processor fitted with a blade attachment. With the food processor running, add the oil in a slow, steady stream until evenly incorporated. Stop and scrape down the sides of the bowl, then pulse to finish incorporating all of the ingredients.
- Pour the cream evenly over the bottom of a 13-by-9-inch baking dish. Cover with a layer of 4 lasagna noodles, allowing them to overlap slightly. Using a spoon, evenly spread a third of the pea-ricotta filling over the noodles, then evenly spread half of the pesto over the filling. Evenly sprinkle half of the pine nuts over the pesto. Cover with another layer of 4 noodles. Evenly spread another third of the pea-ricotta filling over the noodles. (Do not cover with pesto.) Cover with the last 4 noodles. Evenly spread the remaining third of the pea-ricotta filling over the noodles, then evenly spread the remaining half of the pesto over the filling. Evenly sprinkle the remaining half of the pine nuts over the pesto. Evenly arrange the mozzarella slices over the top. Coat 1 side of a large piece of aluminum foil with olive oil and cover the dish tightly with the foil, oil-side down.
- Bake until the sauce is starting to bubble around the edges, about 35 to 40 minutes.
- Remove the foil and continue baking until the top and edges of the lasagna are lightly browned in spots and the filling is bubbling, about 15 minutes more.
- Let cool at least 10 minutes before serving.

Nutrition Facts

PROTEIN 14.45% FAT 65.59% CARBS 19.96%

Properties

Glycemic Index:19.19, Glycemic Load:2.13, Inflammation Score:-7, Nutrition Score:14.784782565158%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 460.96kcal (23.05%), Fat: 34.2g (52.62%), Saturated Fat: 12.07g (75.46%), Carbohydrates: 23.42g (7.81%), Net Carbohydrates: 20.26g (7.37%), Sugar: 3.35g (3.72%), Cholesterol: 65.55mg (21.85%), Sodium: 600.34mg (26.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.96g (33.92%), Vitamin K: 46.84µg (44.61%), Manganese: 0.74mg (37.19%), Calcium: 262.51mg (26.25%), Phosphorus: 254.52mg (25.45%), Vitamin A: 1148.9IU (22.98%), Vitamin C: 16.44mg (19.93%), Selenium: 13.37µg (19.1%), Vitamin E: 2.84mg (18.93%), Vitamin B2: 0.26mg (15.21%), Zinc: 2.22mg (14.82%), Fiber: 3.15g (12.61%), Vitamin B12: 0.67µg (11.19%), Magnesium: 42.12mg (10.53%), Folate: 39.19µg (9.8%), Vitamin B1: 0.14mg (9.32%), Copper: 0.18mg (9.09%), Iron: 1.47mg (8.15%), Potassium: 279.24mg (7.98%), Vitamin B6: 0.12mg (6.07%), Vitamin B3: 1.18mg (5.91%), Vitamin B5: 0.25mg (2.53%), Vitamin D: 0.36µg (2.4%)