



Pesto Lasagna with Bolognese and Garlic Cream

READY IN



72 min.

SERVINGS



8

CALORIES



431 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup asiago cheese shredded
- ☐ 2 cups basil leaves
- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 4 large garlic cloves peeled halved
- ☐ 6 large garlic cloves minced

- ☐ 6 cups bolognese sauce
- ☐ 2 cups milk 1% low-fat
- ☐ 8 ounce precooked no-boil lasagna noodles (12 noodles)
- ☐ 0.8 teaspoon salt

Equipment

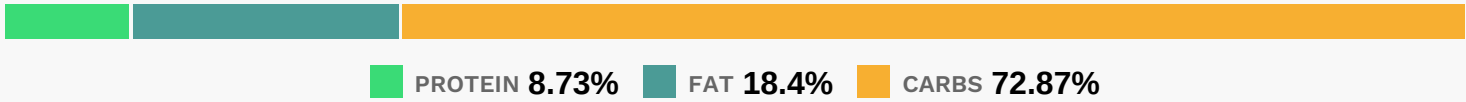
- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Combine basil and 4 garlic cloves in a food processor; process until finely chopped. With processor on, slowly pour oil through food chute; process until well blended.
- ☐ Add Asiago; pulse 2 to 3 times until blended. Set pesto aside.
- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add minced garlic; saut 1 minute.
- ☐ Add flour, and cook 2 minutes, stirring constantly with a whisk. Gradually add milk, stirring with a whisk until blended. Cook 6 minutes or until slightly thick, stirring constantly with a whisk.
- ☐ Remove from heat. Stir in salt and pepper.
- ☐ Spread 1 cup Bolognese Sauce in bottom of a 13 x 9- inch baking dish coated with cooking spray. Top with 4 noodles; spread about 2 tablespoons pesto over noodles.
- ☐ Spread 2 cups Bolognese Sauce over pesto; drizzle with 1/2 cup white sauce. Repeat layers; top with remaining 4 noodles. Top with remaining pesto, Bolognese sauce, and white sauce.
- ☐ Cover tightly with foil; bake at 350 for 1 hour or until thoroughly heated and noodles are tender.

- ☐ Let stand 5 minutes.
- ☐ Cut into 8 equal portions.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:1.74, Inflammation Score:-4, Nutrition Score:6.0430434994076%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 431.28kcal (21.56%), Fat: 8.74g (13.45%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 77.94g (25.98%), Net Carbohydrates: 76.66g (27.88%), Sugar: 44.52g (49.47%), Cholesterol: 25.96mg (8.65%), Sodium: 2460.59mg (106.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.34g (18.67%), Vitamin K: 27.66µg (26.34%), Calcium: 143mg (14.3%), Vitamin A: 553.17IU (11.06%), Phosphorus: 102.35mg (10.24%), Manganese: 0.17mg (8.33%), Vitamin B2: 0.12mg (6.95%), Vitamin B12: 0.42µg (6.93%), Potassium: 203.81mg (5.82%), Fiber: 1.28g (5.13%), Selenium: 3.56µg (5.09%), Vitamin B6: 0.1mg (4.82%), Vitamin D: 0.67µg (4.47%), Vitamin E: 0.66mg (4.4%), Vitamin B1: 0.06mg (4.23%), Magnesium: 14.5mg (3.62%), Zinc: 0.48mg (3.21%), Vitamin B5: 0.28mg (2.83%), Vitamin C: 2.25mg (2.73%), Folate: 10.08µg (2.52%), Iron: 0.43mg (2.4%), Copper: 0.04mg (2.07%), Vitamin B3: 0.3mg (1.5%)