



Pumpkin Lasagne

READY IN



45 min.

SERVINGS



4

CALORIES



838 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 cups pumpkin puree canned one 28-ounce can
- ☐ 1 teaspoon sage dried
- ☐ 1 teaspoon fresh-ground pepper black
- ☐ 1.5 cups heavy cream
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon nutmeg grated
- ☐ 2 tablespoons olive oil
- ☐ 2 onions chopped

- ☐ 6 ounces no-boil lasagne noodles
- ☐ 1.5 cups parmesan grated
- ☐ 2.3 teaspoons salt
- ☐ 2 pounds swiss chard washed chopped well

Equipment

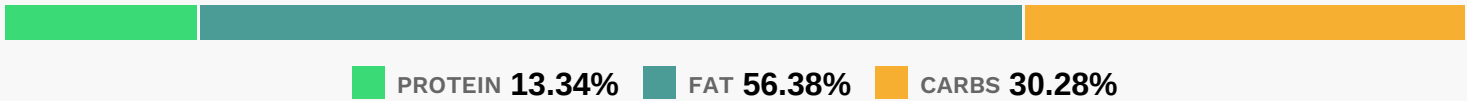
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ In a large nonstick frying pan, heat the oil over moderately low heat.
- ☐ Add the onions and cook, stirring occasionally, until translucent, about 5 minutes. Increase the heat to moderately high and add the chard, 1 teaspoon salt, 1/2 teaspoon pepper, 1/2 teaspoon sage, and 1/4 teaspoon nutmeg. Cook, stirring, until the chard is wilted and no liquid remains in the pan, 5 to 10 minutes.
- ☐ Heat the oven to 40
- ☐ In a medium bowl, mix together 2 cups of the pumpkin, 3/4 cup cream, 1/2 cup Parmesan, and the remaining 1 1/4 teaspoons salt, 1/2 teaspoon pepper, 1/2 teaspoon sage, and 1/4 teaspoon nutmeg.
- ☐ Pour the milk into an 8-by-12-inch baking dish. Top the milk with one third of the noodles, then spread half the pumpkin mixture over the noodles.
- ☐ Layer half the Swiss chard over the pumpkin and top with a second layer of noodles. Repeat with another layer of pumpkin, Swiss chard, and noodles.
- ☐ Combine the remaining 1 cup of pumpkin and 3/4 cup of cream.
- ☐ Spread the mixture evenly over the top of the lasagne, sprinkle with the remaining 1 cup of Parmesan, and dot with the butter. Cover with aluminum foil and bake for 20 minutes. Uncover and bake until golden, about 15 minutes more.

Wine Recommendation: The sweet pumpkin and rich Parmesan require a powerful white with some sweetness of its own. An Oregon pinot gris will be perfect.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:3.67, Inflammation Score:-10, Nutrition Score:41.547825896222%

Flavonoids

Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 13.51mg, Kaempferol: 13.51mg, Kaempferol: 13.51mg, Kaempferol: 13.51mg Myricetin: 7.05mg, Myricetin: 7.05mg, Myricetin: 7.05mg, Myricetin: 7.05mg Quercetin: 16.15mg, Quercetin: 16.15mg, Quercetin: 16.15mg, Quercetin: 16.15mg

Nutrients (% of daily need)

Calories: 837.81kcal (41.89%), Fat: 54.61g (84.02%), Saturated Fat: 30.45g (190.29%), Carbohydrates: 66g (22%), Net Carbohydrates: 54.41g (19.78%), Sugar: 16.1g (17.89%), Cholesterol: 156.52mg (52.17%), Sodium: 2461.77mg (107.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.13%), Vitamin K: 1921.32µg (1829.83%), Vitamin A: 44215.16IU (884.3%), Vitamin C: 80.38mg (97.43%), Calcium: 721.32mg (72.13%), Magnesium: 259.4mg (64.85%), Manganese: 1.26mg (62.98%), Vitamin E: 8.26mg (55.07%), Phosphorus: 529.59mg (52.96%), Fiber: 11.6g (46.4%), Potassium: 1594.9mg (45.57%), Iron: 7.26mg (40.35%), Vitamin B2: 0.65mg (38.52%), Copper: 0.66mg (32.83%), Vitamin B6: 0.48mg (24%), Selenium: 14.81µg (21.16%), Folate: 70.89µg (17.72%), Zinc: 2.61mg (17.41%), Vitamin B5: 1.71mg (17.15%), Vitamin B1: 0.21mg (14.1%), Vitamin D: 1.95µg (13.01%), Vitamin B12: 0.76µg (12.72%), Vitamin B3: 1.85mg (9.24%)