



Pumpkin-Pecan Lasagna

READY IN



60 min.

SERVINGS



8

CALORIES



1452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter divided
- ☐ 1.5 pounds butternut squash cubed peeled
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons sage fresh minced
- ☐ 2 garlic cloves minced
- ☐ 81 lasagna noodles uncooked
- ☐ 1 onion chopped
- ☐ 6 ounces parmesan cheese divided freshly grated
- ☐ 1 cup pecan halves

- ☐ 0.5 teaspoon pepper
- ☐ 1.5 teaspoons salt divided
- ☐ 6 ounces mozzarella cheese shredded
- ☐ 2 cups milk whole

Equipment

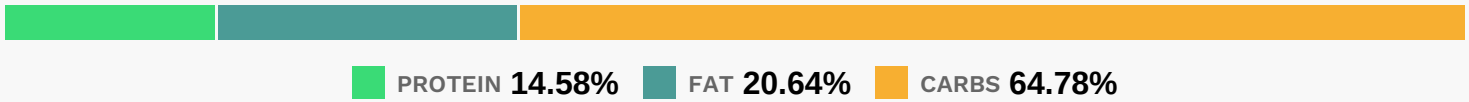
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350°F.
- ☐ Place pecans in a single layer on a baking sheet, and bake, stirring once, 7 minutes or until toasted.
- ☐ Transfer to a plate to cool; chop.
- ☐ Melt 2 tablespoons butter in a large nonstick skillet over medium heat.
- ☐ Add pumpkin, onion, garlic, and 3/4 teaspoon salt; cook, stirring often, 15 minutes or until pumpkin is just tender. Stir in pecans; set aside.
- ☐ Cook lasagna noodles according to package directions. Rinse with cool water, and cover with plastic wrap until ready to assemble.
- ☐ Melt remaining 3 tablespoons butter in a medium saucepan over medium heat.
- ☐ Add flour and cook, whisking constantly, 1 minute. Gradually whisk in milk.
- ☐ Add sage, pepper, and remaining 3/4 teaspoon salt; cook, whisking constantly, about 9 minutes or until thickened.
- ☐ Remove from heat, and whisk in 1 cup Parmesan cheese.

- ☐ Spread 1/3 cup sauce in a greased 13- x 9-inch baking dish. Top with 3 lasagna noodles.
- ☐ Spread with about 2/3 cup sauce, half pumpkin mixture (about 2 1/4 cups), and 3/4 cup mozzarella. Top with 3 more lasagna noodles.
- ☐ Spread 2/3 cup sauce over noodles, top with remaining pumpkin mixture, and sprinkle with mozzarella. Top with remaining 3 lasagna noodles.
- ☐ Spread remaining sauce over noodles.
- ☐ Sprinkle with 1/4 cup Parmesan cheese. Cover tightly with aluminum foil, and bake 30 minutes.
- ☐ Remove foil; sprinkle with remaining 1/4 cup Parmesan, and bake 10 minutes or until golden brown.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:88.89, Inflammation Score:-10, Nutrition Score:42.65565226389%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 1451.54kcal (72.58%), Fat: 33.17g (51.02%), Saturated Fat: 13.35g (83.43%), Carbohydrates: 234.16g (78.05%), Net Carbohydrates: 221.7g (80.62%), Sugar: 13.71g (15.23%), Cholesterol: 61.43mg (20.48%), Sodium: 1042.14mg (45.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.71g (105.43%), Copper: 5.6mg (280.13%), Selenium: 193.88µg (276.97%), Vitamin A: 9693.75IU (193.88%), Manganese: 3.58mg (178.93%), Phosphorus: 882.05mg (88.2%), Magnesium: 218.53mg (54.63%), Fiber: 12.46g (49.82%), Calcium: 497.24mg (49.72%), Zinc: 6.58mg (43.83%), Vitamin B1: 0.51mg (34.11%), Potassium: 1166.6mg (33.33%), Vitamin B6: 0.65mg (32.5%), Vitamin B3: 6.34mg (31.72%), Iron: 5.19mg (28.84%), Vitamin B2: 0.45mg (26.46%), Vitamin C: 19.25mg (23.33%), Folate: 89.55µg (22.39%), Vitamin B5: 2.05mg (20.45%), Vitamin B12: 1.12µg (18.6%), Vitamin E: 2.1mg (13.99%), Vitamin D:

0.86µg (5.75%), Vitamin K: 3.58µg (3.41%)