




 **10%**  
HEALTH SCORE

# Rich Artichoke and Mushroom Lasagna

READY IN  
  
**75 min.**

SERVINGS  
  
**6**

CALORIES  
  
**321 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pounds mushrooms sliced
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- 3 tablespoons olive oil extra virgin extra-virgin
- 1 serving coarse mustard
- 3 cups artichoke hearts canned drained (two 13.75-ounce cans)
- 0.3 teaspoon lemon zest finely grated
- 0.3 cup chives fresh chopped
- 1.5 teaspoons thyme dried
- 1 oz. bacon into pieces

- 8 no boil lasagna noodles
- 3.3 ounces parmesan grated

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan
- aluminum foil
- broiler

## Directions

- Preheat oven to 400 degrees, with racks in middle and upper third. Divide mushrooms between two rimmed baking sheets. Toss each with 1 tablespoon oil and season with salt and pepper.
- Bake until tender, 20 minutes, stirring mushrooms and rotating sheets halfway through.
- Let sheets cool on wire racks.
- Meanwhile, in a large skillet, heat 1 tablespoon oil over medium-high.
- Add artichokes and cook, stirring occasionally, 4 minutes.
- Add lemon zest, chives, and thyme, and season with salt and pepper. Cook, stirring occasionally, until fragrant, 3 minutes.
- Transfer artichokes to a medium bowl.
- Spread 1 cup sauce in an 8-inch square baking dish. Top with 2 noodles.
- Layer with half the artichokes, then 1 cup sauce and 1/4 cup Parmesan. Top with 2 more noodles, half the mushrooms, 1 cup sauce, and 1/4 cup Parmesan. Repeat layering with remaining ingredients, reserving the last 1/4 cup Parmesan. Cover lasagna loosely with foil and bake on top rack until sauce is bubbling, 35 to 40 minutes. (
- Place a rimmed baking sheet on middle rack to catch any drippings.)
- Remove lasagna from oven and heat broiler.

Sprinkle with reserved Parmesan and broil until cheese is browned and bubbling, 3 to 5 minutes.

Let cool 20 minutes before slicing.

## Nutrition Facts

**PROTEIN 21.71%** **FAT 33.77%** **CARBS 44.52%**

### Properties

Glycemic Index:28, Glycemic Load:1.79, Inflammation Score:-5, Nutrition Score:18.210434706315%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

### Nutrients (% of daily need)

Calories: 321.23kcal (16.06%), Fat: 12.27g (18.87%), Saturated Fat: 3.64g (22.72%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 28.99g (10.54%), Sugar: 7.14g (7.93%), Cholesterol: 21.39mg (7.13%), Sodium: 1248.47mg (54.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.74g (35.48%), Vitamin B2: 0.97mg (56.87%), Vitamin B3: 8.26mg (41.3%), Copper: 0.73mg (36.62%), Selenium: 24.86µg (35.52%), Vitamin B5: 3.47mg (34.75%), Phosphorus: 304.32mg (30.43%), Fiber: 7.39g (29.56%), Potassium: 803.26mg (22.95%), Calcium: 196.09mg (19.61%), Vitamin B1: 0.19mg (12.96%), Vitamin K: 13.51µg (12.86%), Vitamin B6: 0.25mg (12.75%), Zinc: 1.64mg (10.9%), Folate: 42.72µg (10.68%), Iron: 1.66mg (9.21%), Vitamin C: 6.29mg (7.62%), Vitamin E: 1.09mg (7.27%), Magnesium: 29.06mg (7.27%), Manganese: 0.14mg (7.05%), Vitamin B12: 0.28µg (4.58%), Vitamin A: 226.8IU (4.54%), Vitamin D: 0.53µg (3.54%)