



## Seafood Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 teaspoons celery salt
- 0.3 cup cooking wine dry white
- 1 teaspoon fennel seeds
- 5 ounces feta cheese crumbled
- 0.3 cup flour all-purpose
- 0.3 cup basil fresh finely chopped
- 0.3 cup flat-leaf parsley fresh chopped
- 2 tablespoons thyme leaves fresh chopped
- 1 garlic clove minced

- 2 garlic cloves minced
- 8 ounce precooked lasagna noodles
- 1 tablespoon juice of lemon fresh
- 1 cup curd cottage cheese 2% reduced-fat
- 1 cup milk 1% low-fat
- 13 ounce lump crab meat canned
- 1 pound mushrooms finely chopped
- 2 teaspoons olive oil
- 1.5 cups onion chopped
- 1 ounce parmesan cheese fresh grated
- 8 ounces part-skim mozzarella cheese shredded
- 1 pound shrimp uncooked
- 2 cups water

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- sieve
- baking pan
- measuring cup

## Directions

- Preheat oven to 37
- Heat oil in a large nonstick skillet over medium heat.
- Add mushrooms, onion, thyme, and 2 garlic cloves; cook 10 minutes, stirring occasionally.

- Add wine. Bring to a boil; cook 1 1/2 minutes or until liquid almost evaporates.
- Remove from heat; stir in crabmeat. Set aside.
- Peel and devein shrimp, reserving shells.
- Cut each shrimp in half lengthwise; cover and refrigerate.
- Combine reserved shrimp shells, 2 cups water, celery salt, and fennel seeds in a small saucepan. Bring to a boil; cook until reduced to 1 1/2 cups shrimp stock (about 15 minutes). Strain stock through a sieve into a bowl; discard solids. Set stock aside.
- Combine goat cheese, cottage cheese, basil, juice, and 1 garlic clove; set aside.
- Lightly spoon flour into a dry measuring cup, and level with a knife.
- Place flour in a small saucepan; gradually add milk, stirring with a whisk. Stir in shrimp stock; bring to a boil. Reduce heat; simmer 5 minutes or until thick.
- Remove from heat; stir in Parmesan cheese.
- Spread 1/2 cup sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 noodles, slightly overlapping, over sauce; top with one-third goat cheese mixture, one-third crab mixture, one-third shrimp, 2/3 cup sauce, and 2/3 cup mozzarella. Repeat layers twice, ending with mozzarella.
- Bake at 375 for 40 minutes or until golden.
- Let stand 15 minutes.
- Sprinkle with parsley.

## Nutrition Facts

**PROTEIN 40.29%** **FAT 26.58%** **CARBS 33.13%**

### Properties

Glycemic Index:56.5, Glycemic Load:12.15, Inflammation Score:-9, Nutrition Score:27.746521649153%

### Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg,

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

## **Nutrients (% of daily need)**

Calories: 417.19kcal (20.86%), Fat: 12.16g (18.7%), Saturated Fat: 6.53g (40.82%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 31.54g (11.47%), Sugar: 5.89g (6.55%), Cholesterol: 149.56mg (49.85%), Sodium: 1459.91mg (63.47%), Alcohol: 0.77g (100%), Alcohol %: 0.24% (100%), Protein: 41.46g (82.92%), Vitamin B12: 5.1µg (85.02%), Selenium: 52.31µg (74.72%), Phosphorus: 629.09mg (62.91%), Calcium: 496.89mg (49.69%), Copper: 0.98mg (49%), Zinc: 6mg (39.97%), Vitamin B2: 0.64mg (37.73%), Vitamin K: 35.56µg (33.87%), Manganese: 0.48mg (24.2%), Magnesium: 89.73mg (22.43%), Potassium: 683.79mg (19.54%), Vitamin B6: 0.37mg (18.49%), Vitamin B3: 3.68mg (18.41%), Folate: 64.94µg (16.24%), Vitamin C: 13.2mg (15.99%), Vitamin B5: 1.59mg (15.92%), Vitamin B1: 0.2mg (13.27%), Iron: 2.25mg (12.51%), Vitamin A: 601.07IU (12.02%), Fiber: 2.54g (10.15%), Vitamin D: 0.61µg (4.08%), Vitamin E: 0.3mg (2.01%)