



Seafood Lasagna

READY IN



85 min.

SERVINGS



12

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 6 ounces crabmeat drained canned
- ☐ 2 tablespoons capers
- ☐ 1 cup curd cottage cheese
- ☐ 2 cups chicken broth progresso® (from 32-ounce carton)
- ☐ 0.5 cup flour all-purpose gold medal®
- ☐ 2 garlic clove finely chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 9 lasagne pasta sheets uncooked

- ☐ 0.5 teaspoon lemon pepper
- ☐ 2 cups milk
- ☐ 0.5 cup parmesan cheese grated
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 4 ounces shrimp drained canned
- ☐ 1 teaspoon tarragon dried

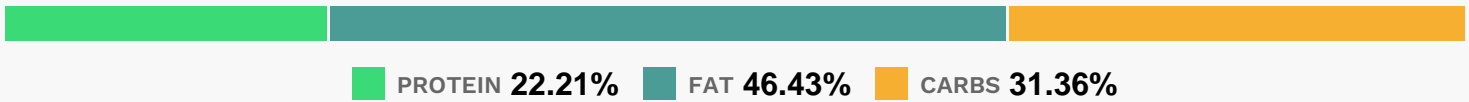
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F. Melt butter in 3–quart saucepan over low heat. Cook garlic in butter about 1 minute, stirring occasionally, until golden. Stir in flour. Cook, stirring constantly, until bubbly; remove from heat. Stir in milk and broth.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in mozzarella cheese, onions, capers, tarragon and lemon pepper. Cook over low heat, stirring constantly, until cheese is melted.
- ☐ Spread one–fourth of the cheese sauce (about 1 1/4 cups) in ungreased rectangular baking dish, 13x9x2 inches; top with 3 uncooked noodles.
- ☐ Spread cottage cheese over noodles. Repeat with one–fourth of the cheese sauce and 3 noodles. Top with crabmeat, shrimp, one–fourth of the cheese sauce, the remaining noodles and cheese sauce.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Bake uncovered about 40 minutes or until noodles are tender.
- ☐ Let stand 15 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:31.08, Glycemic Load:10.31, Inflammation Score:-5, Nutrition Score:10.874782629635%

Flavonoids

Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 305.23kcal (15.26%), Fat: 15.69g (24.15%), Saturated Fat: 5.89g (36.79%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 22.9g (8.33%), Sugar: 3.42g (3.8%), Cholesterol: 56.16mg (18.72%), Sodium: 626.37mg (27.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.9g (33.79%), Selenium: 28.53µg (40.75%), Phosphorus: 266.99mg (26.7%), Calcium: 230.57mg (23.06%), Vitamin B12: 1.27µg (21.19%), Manganese: 0.31mg (15.38%), Vitamin B2: 0.24mg (13.95%), Zinc: 2.02mg (13.48%), Vitamin A: 623.69IU (12.47%), Copper: 0.25mg (12.3%), Magnesium: 34.58mg (8.65%), Vitamin B1: 0.11mg (7.29%), Potassium: 240.75mg (6.88%), Folate: 26.43µg (6.61%), Vitamin B3: 1.26mg (6.32%), Vitamin B5: 0.56mg (5.62%), Vitamin B6: 0.11mg (5.52%), Vitamin K: 5.49µg (5.23%), Iron: 0.9mg (5%), Vitamin E: 0.71mg (4.75%), Fiber: 0.95g (3.81%), Vitamin D: 0.56µg (3.74%), Vitamin C: 1.17mg (1.42%)