



Seafood Lasagna Florentine

READY IN



45 min.

SERVINGS



9

CALORIES



263 kcal

Ingredients

- ☐ 1 pound bay scallops
- ☐ 9 lasagna noodles cooked
- ☐ 0.3 cup wine dry white
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup basil fresh chopped
- ☐ 20 ounce spinach frozen thawed drained chopped
- ☐ 1 large garlic clove crushed
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.1 teaspoon pepper black

- ☐ 1 tablespoon juice of lemon
- ☐ 2 cups milk 2% low-fat
- ☐ 0.5 pound lump crab meat drained
- ☐ 0.5 teaspoon paprika
- ☐ 0.7 cup parmesan cheese divided grated
- ☐ 0.3 teaspoon salt

Equipment

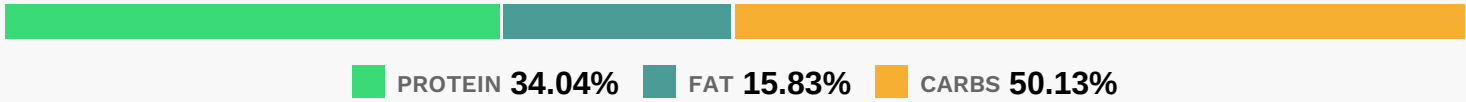
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Press spinach between paper towels until barely moist; set aside.
- ☐ Place flour in a shallow baking pan.
- ☐ Bake at 350 for 30 minutes or until lightly browned, stirring after 15 minutes. Spoon flour into a large saucepan; gradually add milk, stirring with a whisk. Stir in salt and next 4 ingredients; cook over medium heat 5 minutes or until thick, stirring constantly.
- ☐ Add wine; cook 1 additional minute, stirring constantly.
- ☐ Remove from heat; stir in 1/2 cup cheese and scallops. Cool slightly; stir in basil, lemon juice, crabmeat, and egg.
- ☐ Preheat oven to 40
- ☐ Spoon 1/4 cup seafood sauce into a 13 x 9-inch baking dish. Arrange 3 lasagna noodles in a single layer over seafood sauce; top with one-third spinach. Spoon one-third seafood sauce over spinach. Repeat layers, ending with seafood sauce.
- ☐ Combine remaining cheese and paprika; sprinkle cheese mixture over lasagna. Cover and bake at 400 for 30 minutes.

- ☐ Bake, uncovered, 10 additional minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:12.37, Inflammation Score:-10, Nutrition Score:28.318260918493%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 263.28kcal (13.16%), Fat: 4.53g (6.97%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 29.1g (10.58%), Sugar: 3.53g (3.92%), Cholesterol: 52.41mg (17.47%), Sodium: 678.71mg (29.51%), Alcohol: 0.69g (100%), Alcohol %: 0.31% (100%), Protein: 21.93g (43.86%), Vitamin K: 240.27µg (228.83%), Vitamin A: 7717.08IU (154.34%), Selenium: 43.07µg (61.52%), Vitamin B12: 3.45µg (57.47%), Phosphorus: 411.77mg (41.18%), Manganese: 0.75mg (37.34%), Folate: 132.93µg (33.23%), Calcium: 239.98mg (24%), Magnesium: 94.62mg (23.65%), Zinc: 3.31mg (22.09%), Copper: 0.42mg (21.03%), Vitamin B2: 0.33mg (19.66%), Iron: 2.85mg (15.82%), Potassium: 526.05mg (15.03%), Vitamin B6: 0.28mg (13.76%), Vitamin E: 2.02mg (13.47%), Fiber: 3.19g (12.74%), Vitamin B1: 0.18mg (11.78%), Vitamin B3: 1.71mg (8.53%), Vitamin C: 6.22mg (7.54%), Vitamin B5: 0.67mg (6.65%), Vitamin D: 0.73µg (4.83%)