

Seafood Lasagna II

 Popular

READY IN



120 min.

SERVINGS



12

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby portobello mushrooms sliced
- ☐ 1 pound bay scallops
- ☐ 12 servings pepper black
- ☐ 1 eggs
- ☐ 1 clove garlic minced
- ☐ 1 pound imitation crabmeat chopped
- ☐ 6 cups cheese blend shredded italian
- ☐ 16 ounce lasagna noodles

- ☐ 2 tablespoons olive oil
- ☐ 32 ounce pasta sauce alfredo-style
- ☐ 20 ounces ricotta cheese
- ☐ 1 pound shrimp deveined peeled

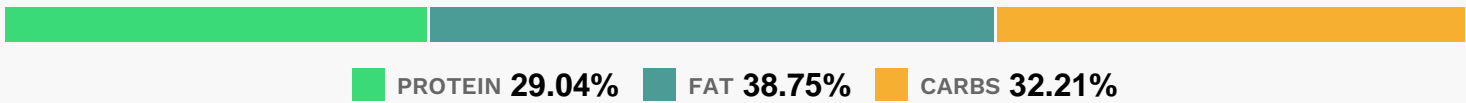
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Sautee garlic and mushrooms until tender.
- ☐ Pour in 2 jars Alfredo sauce. Stir in shrimp, scallops and crabmeat. Simmer 5 to 10 minutes, or until heated through. In a medium bowl, combine ricotta cheese, egg and pepper.
- ☐ In a 9x13 inch baking dish, layer noodles, ricotta mixture, Alfredo mixture and shredded cheese. Repeat layers until all ingredients are used, ensuring that there is shredded cheese for the top.
- ☐ Bake uncovered in preheated oven for 45 minutes. Cover, and bake 15 minutes.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:13.07, Inflammation Score:-5, Nutrition Score:16.031739157179%

Nutrients (% of daily need)

Calories: 550.79kcal (27.54%), Fat: 24.13g (37.12%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 45.13g (15.04%), Net Carbohydrates: 41.84g (15.22%), Sugar: 6.04g (6.71%), Cholesterol: 123.02mg (41.01%), Sodium: 921mg (40.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.68g (81.36%), Selenium: 44.23µg (63.18%), Phosphorus: 422.27mg (42.23%), Calcium: 258.89mg (25.89%), Manganese: 0.49mg (24.66%), Copper: 0.48mg (23.77%), Potassium: 680.72mg (19.45%), Vitamin B3: 3.41mg (17.05%), Zinc: 2.35mg (15.66%), Magnesium: 58.79mg (14.7%), Vitamin B2: 0.24mg (13.88%), Fiber: 3.28g (13.13%), Vitamin B12: 0.75µg (12.42%), Vitamin B6: 0.24mg (12.06%), Vitamin A: 559.1IU (11.18%), Iron: 1.95mg (10.81%), Vitamin B5: 1.07mg (10.68%), Vitamin E: 1.57mg (10.44%), Folate: 37.66µg (9.41%), Vitamin C: 5.37mg (6.51%), Vitamin B1: 0.09mg (5.69%), Vitamin K: 4.26µg (4.06%), Vitamin D: 0.28µg (1.87%)