



Seafood Lasagna (Lasaña Marinera)

READY IN



45 min.

SERVINGS



6

CALORIES



903 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 2 tablespoons butter
- ☐ 0.5 cup carrots grated
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup heavy cream
- ☐ 0.8 pound lasagna noodles dried
- ☐ 1 cup mozzarella cheese grated

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onions grated
- ☐ 1 cup parmesan freshly ground
- ☐ 1.5 pounds salmon cooked cut into small pieces
- ☐ 6 servings salt and pepper
- ☐ 1 lb shrimp deveined peeled cut into pieces
- ☐ 1 teaspoon tomato paste
- ☐ 0.3 cup white wine
- ☐ 4 cups milk whole

Equipment

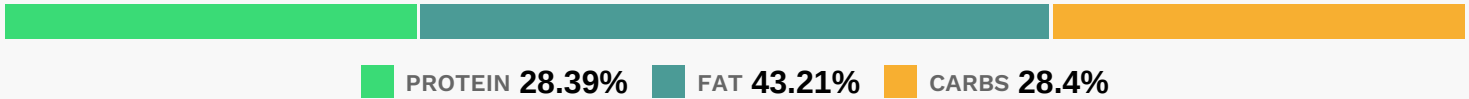
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 375 degrees F.Bring a large pot of salted water to a boil.
- ☐ Add the lasagna noodles and cook for 10 minutes, stirring occasionally.
- ☐ Drain and set aside.To make the white sauce, bring the milk to a simmer in a small pot and set aside. In a medium saucepan melt the butter.
- ☐ Add the flour and cook for about 2 minutes over low heat, stirring constantly with a wooden spoon.
- ☐ Heat oil and butter in a large pan.
- ☐ Add the onions, carrots, garlic and cook for about 5 minutes.
- ☐ Add the wine and cook for 2 minutes.

- ☐
- Add the heavy cream, tomato paste, cumin, shrimp and salmon. Stir and set aside.To assemble the lasagna, spread some of the white sauce in the bottom of baking dish.Arrange alayer of noodles on top, then more sauce, followed by 1/3 of the seafood mixture, 1/4 cup grated mozzarella and 1/4 cup of parmesan cheese. Repeat 2 more times, layering noodles, sauce, seafood, mozzarella and Parmesan.Top with a final layer of noodles and white sauce, and sprinkle with the remaining mozzarella and Parmesan cheese.
- ☐
- Bake the lasagna for about 40 minutes, or until the top is browned Allow to sit for 15 minutes, sprinkle with fresh parsley and serve hot.

Nutrition Facts



Properties

Glycemic Index:76.64, Glycemic Load:26.75, Inflammation Score:-10, Nutrition Score:40.709130370099%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 903.18kcal (45.16%), Fat: 42.76g (65.78%), Saturated Fat: 21.44g (133.99%), Carbohydrates: 63.24g (21.08%), Net Carbohydrates: 60.45g (21.98%), Sugar: 12.18g (13.53%), Cholesterol: 284.54mg (94.85%), Sodium: 842.02mg (36.61%), Alcohol: 1.03g (100%), Alcohol %: 0.24% (100%), Protein: 63.23g (126.45%), Selenium: 92.3µg (131.86%), Phosphorus: 891.2mg (89.12%), Vitamin B12: 5.18µg (86.36%), Vitamin A: 3275.25IU (65.5%), Calcium: 609.24mg (60.92%), Vitamin B6: 1.2mg (60.06%), Vitamin B2: 0.94mg (55.42%), Vitamin B3: 10.96mg (54.82%), Vitamin K: 46.93µg (44.7%), Copper: 0.79mg (39.68%), Potassium: 1296.88mg (37.05%), Manganese: 0.72mg (36.19%), Vitamin B1: 0.52mg (34.66%), Magnesium: 131.29mg (32.82%), Vitamin B5: 3.06mg (30.59%), Zinc: 4.49mg (29.96%), Iron: 3.19mg (17.75%), Folate: 70.44µg (17.61%), Vitamin D: 2.58µg (17.21%), Fiber: 2.78g (11.13%), Vitamin E: 1.17mg (7.82%), Vitamin C: 5.72mg (6.94%)