



Seafood-Spinach Lasagna

READY IN



100 min.

SERVINGS



12

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 lasagne pasta sheets uncooked
- ☐ 1 tablespoon butter
- ☐ 1 cup bay scallops cut into bite-size pieces
- ☐ 6 oz crabmeat cooked canned (1 cup)
- ☐ 1 cup shrimp deveined cooked peeled
- ☐ 1 cup onion chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 8 oz cream cheese with chives and onion
- ☐ 10 oz alfredo sauce refrigerated reduced-fat

- ☐ 0.3 cup wine dry white
- ☐ 16 oz ricotta cheese
- ☐ 12 oz pizza cheese shredded italian
- ☐ 9 oz spinach frozen dry thawed
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 eggs slightly beaten

Equipment

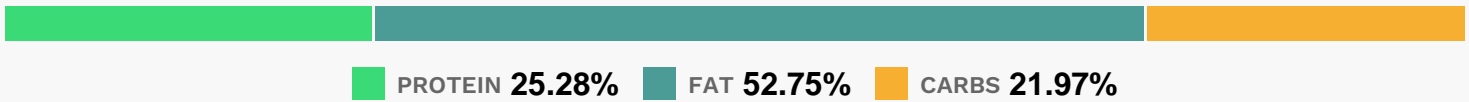
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) baking dish with cooking spray. Cook and drain noodles as directed on package using minimum cook time.
- ☐ Meanwhile, in 10-inch skillet, melt butter over medium heat.
- ☐ Add scallops; cook 2 minutes, stirring constantly until firm and opaque. With slotted spoon, remove to medium bowl.
- ☐ Add crabmeat and shrimp; cover and refrigerate. In same skillet, cook onion and garlic 4 to 5 minutes, stirring occasionally, until onion is softened. Reduce heat to low; stir in cream cheese until softened. Beat in Alfredo sauce and wine with wire whisk; remove from heat.
- ☐ In medium bowl, stir together ricotta cheese, 2 cups of the cheese blend, the spinach, basil and egg; set aside.
- ☐ Spread 1/2 cup of the cream cheese sauce in baking dish. Top with 3 noodles.
- ☐ Spread half the ricotta mixture (about 1 1/2 cups) and one-third of the seafood mixture (about 1 cup) over noodles; spread with 2/3 cup of the cream cheese sauce. Top with 3 noodles,

- remaining ricotta mixture, half the remaining seafood mixture and 2/3 cup of the cream cheese sauce. Top with remaining noodles, seafood and cream cheese sauce.
- ☐ Cover with foil.
 - ☐ Bake 40 minutes; uncover and sprinkle with remaining 1 cup cheese blend.
 - ☐ Bake uncovered about 10 minutes longer or until cheese is melted.
 - ☐ Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:7.27, Inflammation Score:-9, Nutrition Score:17.313478169234%

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 Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 417.31kcal (20.87%), Fat: 24.42g (37.57%), Saturated Fat: 10.48g (65.51%), Carbohydrates: 22.88g (7.63%), Net Carbohydrates: 21.35g (7.76%), Sugar: 2.54g (2.82%), Cholesterol: 123.4mg (41.13%), Sodium: 518.51mg (22.54%), Alcohol: 0.69g (100%), Alcohol %: 0.38% (100%), Protein: 26.34g (52.67%), Vitamin K: 82.15µg (78.24%), Vitamin A: 3004.34IU (60.09%), Selenium: 31.57µg (45.09%), Phosphorus: 285.29mg (28.53%), Calcium: 220.13mg (22.01%), Manganese: 0.41mg (20.56%), Vitamin B12: 0.95µg (15.9%), Copper: 0.31mg (15.6%), Folate: 55.93µg (13.98%), Zinc: 2.02mg (13.48%), Magnesium: 52.26mg (13.06%), Vitamin B2: 0.22mg (12.74%), Potassium: 348.45mg (9.96%), Vitamin B6: 0.17mg (8.27%), Vitamin E: 1.19mg (7.91%), Iron: 1.23mg (6.81%), Fiber: 1.54g (6.16%), Vitamin B5: 0.56mg (5.65%), Vitamin B3: 1.09mg (5.43%), Vitamin B1: 0.06mg (4.17%), Vitamin C: 2.95mg (3.58%)