



WHATSheATe



Shrimp Lasagna with Creamy Tomato Sauce

READY IN



100 min.

SERVINGS



12

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 large eggs lightly beaten
- ☐ 4 garlic cloves minced
- ☐ 0.8 cup heavy cream
- ☐ 8 ounces no-cook lasagna noodles
- ☐ 0.5 cup parmesan cheese grated
- ☐ 15 ounce part-skim ricotta cheese
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds shrimp fresh deveined peeled coarsely chopped

- ☐ 10 ounce pkt spinach frozen dry thawed chopped
- ☐ 1 large onion sweet chopped
- ☐ 4 cups tomato-cheese sauce

Equipment

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

Directions

- ☐ Prepare Tomato-Cheese sauce; cover with foil, and keep warm.
- ☐ Preheat oven to 350 . Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add onion, and cook 5 minutes or until translucent, stirring occasionally. Stir in garlic, and cook 2 minutes.
- ☐ Add spinach, and cook 1 minute.
- ☐ Remove skillet from heat, and stir in cream and shrimp. In a separate bowl, whisk together ricotta cheese, eggs, and salt. Stir ricotta mixture into shrimp mixture.
- ☐ Spread 1 cup Tomato-Cheese Sauce in bottom of a greased 13- x 9-inch baking dish. Arrange 4 noodles over sauce; top with half of shrimp mixture.
- ☐ Place 4 more noodles over shrimp mixture, and top evenly with 3/4 cup sauce. Top with remaining shrimp mixture and noodles.
- ☐ Spread remaining sauce over lasagna, and sprinkle with Parmesan cheese.
- ☐ Bake 40 to 45 minutes or until lightly browned.
- ☐ Remove from oven, and let stand 15 minutes before serving.

Nutrition Facts



 PROTEIN **30.61%**  FAT **36.88%**  CARBS **32.51%**

Properties

Glycemic Index:13.92, Glycemic Load:7.17, Inflammation Score:-10, Nutrition Score:20.544782783674%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 298.34kcal (14.92%), Fat: 12.46g (19.16%), Saturated Fat: 6.96g (43.49%), Carbohydrates: 24.71g (8.24%), Net Carbohydrates: 21.92g (7.97%), Sugar: 5.55g (6.17%), Cholesterol: 171.71mg (57.24%), Sodium: 718.94mg (31.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.26g (46.52%), Vitamin K: 91.2µg (86.86%), Vitamin A: 3611.64IU (72.23%), Selenium: 25.8µg (36.86%), Phosphorus: 324.58mg (32.46%), Manganese: 0.49mg (24.72%), Calcium: 239.87mg (23.99%), Copper: 0.45mg (22.36%), Potassium: 636.6mg (18.19%), Magnesium: 71.9mg (17.98%), Vitamin B2: 0.29mg (17.02%), Folate: 62.74µg (15.69%), Zinc: 2.24mg (14.93%), Vitamin E: 2.23mg (14.86%), Iron: 2.27mg (12.61%), Vitamin B6: 0.23mg (11.64%), Fiber: 2.78g (11.14%), Vitamin C: 8.74mg (10.6%), Vitamin B5: 0.72mg (7.19%), Vitamin B3: 1.34mg (6.72%), Vitamin B1: 0.09mg (5.92%), Vitamin B12: 0.3µg (4.93%), Vitamin D: 0.54µg (3.63%)