



WHATSheATE



Spinach, Pesto, and Fontina Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour
- ☐ 18 ounce baby spinach
- ☐ 0.5 cup wine dry white
- ☐ 1 large eggs
- ☐ 8 ounces fontina italian divided grated
- ☐ 28 ounces ricotta cheese fresh
- ☐ 4 large garlic clove finely chopped
- ☐ 2.5 cups milk 2% reduced-fat ()
- ☐ 2 tablespoons olive oil

- ☐ 15 lasagne pasta sheets
- ☐ 1 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots finely chopped
- ☐ 2 tablespoons butter unsalted ()

Equipment

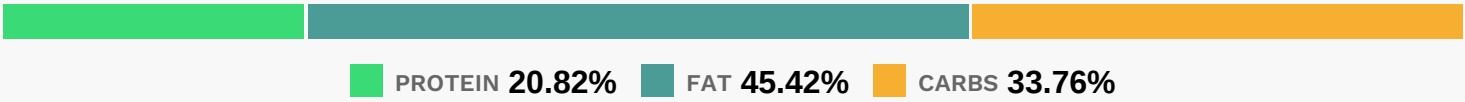
- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ aluminum foil
- ☐ broiler
- ☐ tongs
- ☐ glass baking pan

Directions

- ☐ Melt butter in heavy large saucepan over medium heat.
- ☐ Add flour and whisk 1 minute (do not brown).
- ☐ Add milk and wine and whisk until smooth. Cook until sauce thickens and comes to boil, whisking constantly, 4 to 5 minutes.
- ☐ Remove from heat.
- ☐ Whisk in Parmesan cheese and salt. Season sauce to taste with pepper. DO AHEAD: Sauce can be made up to 1 day ahead. Cover and chill.
- ☐ Heat oil in large pot over medium-high heat.
- ☐ Add shallots and garlic. Sauté until shallots soften, about 2 minutes.

- ☐ Add all spinach (pot will be full). Cook spinach until wilted but still bright green, tossing often, about 3 minutes. Using tongs, transfer spinach to large sieve set over bowl; reserve pot. Press out excess liquid from spinach.
- ☐ Drain 10 to 15 minutes longer.
- ☐ Return drained liquid from spinach to reserved pot. Boil until liquid is reduced to glaze. Return spinach to pot and toss 1 minute.
- ☐ Remove spinach from heat.
- ☐ Mix in 1 1/2 cups sauce. Season spinach to taste with pepper.
- ☐ Place noodles in large bowl. Fill bowl with hot tap water. Soak noodles until pliable, stirring occasionally to separate, about 15 minutes.
- ☐ Place large sheet of parchment paper on work surface.
- ☐ Transfer noodles to parchment in single layer, shaking off excess water.
- ☐ Preheat oven to 350°F. Butter 13 x 9 x 2-inch glass baking dish.
- ☐ Mix ricotta, Parmesan, and lemon peel in medium bowl. Season to taste with salt.
- ☐ Mix in egg.
- ☐ Spread 1/2 cup sauce thinly over bottom of prepared dish. Top with 3 noodles, arranged side by side and covering most of bottom of dish.
- ☐ Spread half of spinach mixture over (about 1 1/2 cups).
- ☐ Sprinkle with 1/3 cup Fontina. Top with 3 noodles and half of ricotta mixture (generous 1 3/4 cups). Drop half of pesto over by teaspoonfuls, spacing drops evenly apart. Continue layering with 3 noodles, remaining spinach mixture, 1/3 cup Fontina, 3 more noodles, remaining ricotta mixture, then remaining pesto. Top with last 3 noodles.
- ☐ Spread remaining sauce over; sprinkle with remaining Fontina. Cover dish with buttered foil.
- ☐ Bake lasagna until heated through and bubbling at edges, 50 to 55 minutes.
- ☐ Remove from oven.
- ☐ Remove foil from dish.
- ☐ Preheat broiler. Broil lasagna until top is browned in spots, turning dish occasionally for even browning, about 4 minutes.
- ☐ Let stand 15 minutes to set up.
- ☐ * Available at some supermarkets and at specialty foods stores and Italian markets.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:19.94, Inflammation Score:-10, Nutrition Score:34.960869415947%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg, Kaempferol: 4.07mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 681.08kcal (34.05%), Fat: 33.93g (52.2%), Saturated Fat: 18.7g (116.89%), Carbohydrates: 56.75g (18.92%), Net Carbohydrates: 53.06g (19.29%), Sugar: 7.4g (8.22%), Cholesterol: 128.83mg (42.94%), Sodium: 768.73mg (33.42%), Alcohol: 1.54g (100%), Alcohol %: 0.52% (100%), Protein: 34.99g (69.98%), Vitamin K: 312.84µg (297.94%), Vitamin A: 7056.24IU (141.12%), Selenium: 61.92µg (88.46%), Calcium: 653.5mg (65.35%), Manganese: 1.19mg (59.55%), Phosphorus: 571.86mg (57.19%), Folate: 164.44µg (41.11%), Vitamin B2: 0.61mg (35.63%), Zinc: 4.29mg (28.57%), Magnesium: 112.99mg (28.25%), Vitamin B12: 1.49µg (24.9%), Vitamin C: 19.57mg (23.73%), Potassium: 815.36mg (23.3%), Vitamin B6: 0.41mg (20.45%), Iron: 3.47mg (19.25%), Vitamin E: 2.28mg (15.18%), Copper: 0.3mg (14.86%), Fiber: 3.69g (14.77%), Vitamin B1: 0.21mg (13.82%), Vitamin B5: 1.08mg (10.83%), Vitamin D: 1.42µg (9.47%), Vitamin B3: 1.89mg (9.43%)