



Spinach, Ricotta and Pumpkin Lasagna

READY IN



105 min.

SERVINGS



15

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce baby spinach
- ☐ 2 bay leaves
- ☐ 2 tablespoons butter
- ☐ 1 fennel bulb thinly sliced
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 cloves garlic minced
- ☐ 1 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground nutmeg
- ☐ 12 lasagna noodles dry

- ☐ 0.5 pound ground beef lean
- ☐ 16 ounce ricotta cheese low-fat
- ☐ 1 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 1 onion thinly sliced
- ☐ 0.3 cup parmesan freshly grated
- ☐ 1 pound pumpkin peeled seeded cut into pieces
- ☐ 15 servings sea salt and ground pepper black to taste
- ☐ 2 tablespoons tomato paste
- ☐ 14.3 ounce tomato purée canned

Equipment

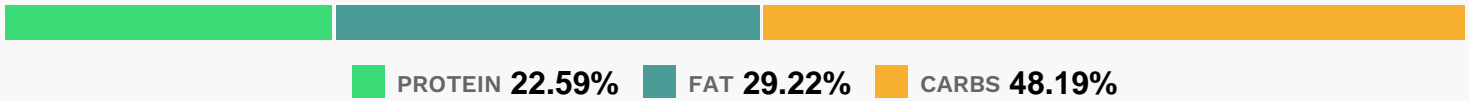
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Fill a saucepan with 1/2 inch of water, then add pumpkin pieces. Bring to a boil over high heat, then reduce heat to medium-low, cover, and steam until the pumpkin is very tender, 10 to 15 minutes.
- ☐ Drain pumpkin, then mash with 1 tablespoon butter, cinnamon; salt and pepper to taste, then set aside.
- ☐ Melt 2 tablespoons butter in a saucepan over medium heat.
- ☐ Whisk in flour and cook, stirring constantly, until the paste just begins to turn golden, about 2 minutes.
- ☐ Whisk in milk gradually so that no lumps form. Bring to a gentle boil.

- ☐ Add the bay leaves, and reduce heat to low or warm. Allow to gently cook for 10 to 15 minutes, stirring frequently, then remove from heat.
- ☐ Heat 1 tablespoon olive oil in a large skillet over medium heat. Stir in onion, fennel, and garlic; cook until the onion has softened and turned translucent, about 5 minutes.
- ☐ Add spinach and cook until wilted. Scrape mixture into a large bowl, and mix well with ricotta cheese and nutmeg.
- ☐ Using the same skillet, heat another 1 tablespoon olive oil over high heat. Brown ground beef in oil, mixing thoroughly to break into small pieces. Once browned, reduce heat to medium-low and pour off excess grease. Stir in tomato paste and tomato puree. Gently simmer until thickened, about 10 minutes.
- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13 inch lasagna dish.
- ☐ Line the bottom of the lasagna dish with 4 noodles, do not overlap.
- ☐ Spread the ricotta mixture evenly over noodles, then sprinkle with 1/3 of the Parmesan cheese.
- ☐ Place another 4 noodles on top of the ricotta, then spread with evenly with the mashed pumpkin.
- ☐ Place the remaining 4 noodles on top of the pumpkin and top with the tomato sauce; sprinkle with another 1/3 of the Parmesan cheese. Stir the white sauce until smooth, then discard the bay leaves; pour the sauce over top of the lasagna.
- ☐ Sprinkle with remaining Parmesan cheese.
- ☐ Place lasagna dish onto a foil-lined baking sheet (to catch any spills).
- ☐ Bake in preheated oven until the noodles have softened, and the white sauce has turned bubbly and golden brown, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:41.87, Glycemic Load:10.25, Inflammation Score:-10, Nutrition Score:20.541739147642%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg,

Isorhamnetin: 0.37mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 222.5kcal (11.13%), Fat: 7.35g (11.31%), Saturated Fat: 3.76g (23.51%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 24.59g (8.94%), Sugar: 4.85g (5.39%), Cholesterol: 26.22mg (8.74%), Sodium: 179.19mg (7.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.78g (25.56%), Vitamin K: 104.4µg (99.42%), Vitamin A: 4666.52IU (93.33%), Selenium: 23.83µg (34.04%), Manganese: 0.58mg (28.82%), Phosphorus: 205.78mg (20.58%), Calcium: 183.27mg (18.33%), Vitamin C: 13.66mg (16.56%), Potassium: 558.03mg (15.94%), Folate: 61.85µg (15.46%), Vitamin B2: 0.22mg (13.16%), Zinc: 1.97mg (13.14%), Magnesium: 51.98mg (13%), Iron: 2.2mg (12.21%), Vitamin B6: 0.24mg (11.85%), Copper: 0.23mg (11.42%), Vitamin B3: 2.15mg (10.75%), Fiber: 2.68g (10.7%), Vitamin E: 1.51mg (10.06%), Vitamin B12: 0.54µg (9.07%), Vitamin B1: 0.11mg (7.29%), Vitamin B5: 0.58mg (5.76%), Vitamin D: 0.24µg (1.57%)