



Sweet Pea and Artichoke Lasagna

READY IN



95 min.

SERVINGS



12

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large eggs
- 0.3 cup basil fresh packed chopped ()
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- 16 ounce artichoke hearts frozen thawed coarsely chopped
- 1 pound mozzarella cheese grated
- 8 ounce no boil lasagna noodles (12 noodles)
- 0.8 cup parmesan cheese grated
- 1 pound peas frozen thawed
- 1 teaspoon salt

- 30 ounce ricotta cheese
- 1.5 cups whipping cream divided

Equipment

- bowl
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Preheat oven to 400°F.
- Brush 13x9x2-inch glass baking dish with oil.
- Mix artichokes, 1/2 cup cream, and basil in medium bowl. Purée remaining 1 cup cream, ricotta, and next 4 ingredients in processor.
- Spread 1 cup ricotta mixture over bottom of prepared baking dish. Arrange 4 noodles in single layer over ricotta, breaking noodles as needed to cover.
- Spread half of artichoke mixture over.
- Spread 2 1/2 cups ricotta mixture over artichokes.
- Sprinkle 1 cup mozzarella cheese over. Repeat with 4 noodles, artichoke mixture, 2 1/2 cups ricotta mixture, and 1 cup mozzarella.
- Top with 4 noodles.
- Spread remaining ricotta mixture over, then sprinkle remaining 2 cups mozzarella over. Tent with foil, sealing edges.
- Bake lasagna 30 minutes.
- Remove foil; continue baking until bubbling at edges and brown on top, about 25 minutes.
- Let stand 15 minutes before serving.
- Self

Nutrition Facts



■ PROTEIN 20.62% ■ FAT 57.38% ■ CARBS 22%

Properties

Glycemic Index:19.86, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:16.584782608696%

Nutrients (% of daily need)

Calories: 488.81kcal (24.44%), Fat: 31.59g (48.6%), Saturated Fat: 18.99g (118.67%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 22.92g (8.33%), Sugar: 3.97g (4.41%), Cholesterol: 144.5mg (48.17%), Sodium: 639.26mg (27.79%), Protein: 25.54g (51.08%), Calcium: 435.67mg (43.57%), Phosphorus: 382.48mg (38.25%), Selenium: 23.1µg (33%), Vitamin A: 1507.43IU (30.15%), Vitamin B2: 0.46mg (27.31%), Folate: 89.51µg (22.38%), Vitamin B12: 1.31µg (21.82%), Vitamin C: 17.48mg (21.19%), Zinc: 2.97mg (19.82%), Fiber: 4.32g (17.28%), Vitamin K: 16.26µg (15.48%), Manganese: 0.28mg (14.12%), Potassium: 388.93mg (11.11%), Magnesium: 43.95mg (10.99%), Vitamin B1: 0.15mg (10.29%), Vitamin B6: 0.17mg (8.53%), Iron: 1.42mg (7.87%), Vitamin D: 0.97µg (6.45%), Vitamin B3: 1.27mg (6.34%), Copper: 0.12mg (6.09%), Vitamin B5: 0.54mg (5.41%), Vitamin E: 0.6mg (4%)