



WHATSheATE



## 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 ( )
- ☐ 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 57.4%  CARBS 21.98%

Properties

Glycemic Index:14.03, Glycemic Load:2.27, Inflammation Score:-8, Nutrition Score:16.428260917249%

Nutrients (% of daily need)

Calories: 488.69kcal (24.43%), Fat: 31.59g (48.59%), Saturated Fat: 18.99g (118.67%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 22.92g (8.33%), Sugar: 3.97g (4.41%), Cholesterol: 144.5mg (48.17%), Sodium: 639.24mg (27.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.53g (51.05%), Calcium: 434.78mg (43.48%), Phosphorus: 382.2mg (38.22%), Selenium: 23.1µg (33%), Vitamin A: 1481.05IU (29.62%), Vitamin B2: 0.46mg (27.29%), Folate: 89.17µg (22.29%), Vitamin B12: 1.31µg (21.82%), Vitamin C: 17.39mg (21.08%), Zinc: 2.97mg (19.8%), Fiber: 4.31g (17.25%), Manganese: 0.28mg (13.83%), Vitamin K: 14.18µg (13.51%), Potassium: 387.46mg (11.07%), Magnesium: 43.63mg (10.91%), Vitamin B1: 0.15mg (10.28%), Vitamin B6: 0.17mg (8.49%), Iron: 1.4mg (7.79%), Vitamin D: 0.97µg (6.45%), Vitamin B3: 1.26mg (6.31%), Copper: 0.12mg (5.99%), Vitamin B5: 0.54mg (5.4%), Vitamin E: 0.6mg (3.97%)