



Swiss Chard Lasagna

READY IN



40 min.

SERVINGS



4

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups asiago cheese shredded
- 1 large eggs
- 2 tablespoons basil fresh chopped
- 4 cloves garlic sliced
- 0.3 cup heavy cream
- 4 servings kosher salt and pepper freshly ground
- 3 tablespoons olive oil extra-virgin plus more for brushing
- 6 no-boil lasagna noodles
- 2 tablespoons parmesan cheese grated

- 1 cup ricotta cheese
- 0.3 cup mozzarella cheese fresh shredded
- 1 bunch swiss chard separated finely chopped

Equipment

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

Directions

- Preheat the oven to 350 degrees F. Soak the lasagna noodles in a bowl of hot water until they begin to soften, about 10 minutes. Meanwhile, heat the olive oil in a large skillet over medium heat.
- Add the chard stems and garlic and cook until golden, about 4 minutes.
- Add the chard leaves and cook until wilted, about 3 more minutes.
- Mix the ricotta, cream, egg, parmesan, basil, 1/2 teaspoon salt, and pepper to taste in a small bowl.
- Brush a 2-quart baking dish with oil and add 3 noodles in a single layer. Top with half of the ricotta mixture, chard and asiago. Repeat with the remaining noodles, ricotta mixture, chard and asiago. Cover with foil and bake until the cheese melts, about 20 minutes.
- Remove the foil, sprinkle with mozzarella and bake until bubbly and golden, about 5 more minutes.
- Photograph by Antonis Achilleos

Nutrition Facts



PROTEIN 22.03% **FAT 59.52%** **CARBS 18.45%**

Properties

Glycemic Index:53.25, Glycemic Load:1.78, Inflammation Score:-10, Nutrition Score:27.176087089207%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg, Kaempferol: 4.36mg Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 612.05kcal (30.6%), Fat: 40.94g (62.99%), Saturated Fat: 19.94g (124.64%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 26.3g (9.56%), Sugar: 2.46g (2.74%), Cholesterol: 148.69mg (49.56%), Sodium: 1316.79mg (57.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.09g (68.19%), Vitamin K: 635.27µg (605.02%), Vitamin A: 5661.53IU (113.23%), Calcium: 840.28mg (84.03%), Phosphorus: 558.62mg (55.86%), Selenium: 27.69µg (39.56%), Vitamin C: 23.71mg (28.73%), Vitamin B2: 0.47mg (27.76%), Magnesium: 95.78mg (23.95%), Vitamin E: 3.41mg (22.75%), Zinc: 2.92mg (19.45%), Vitamin B12: 1.14µg (18.99%), Manganese: 0.36mg (17.91%), Potassium: 516.87mg (14.77%), Iron: 2.41mg (13.41%), Vitamin B6: 0.22mg (10.81%), Copper: 0.19mg (9.43%), Fiber: 2.24g (8.97%), Vitamin B5: 0.76mg (7.55%), Folate: 29.32µg (7.33%), Vitamin D: 0.9µg (6.02%), Vitamin B1: 0.07mg (4.98%), Vitamin B3: 0.56mg (2.79%)