



## Three-Cheese Lasagna With Porcini Mushrooms And Spinach Recipe

READY IN



230 min.

SERVINGS



8

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 servings pepper black freshly ground
- 8 ounces comté grated
- 2 tablespoons the following: parmesan rind) dried
- 1 tablespoon olive oil extra virgin
- 2 tablespoons flour all-purpose
- 6 cups mushrooms fresh sliced
- 4 garlic clove chopped
- 1 pound lasagna sheets fresh

- 6 ounces lillet blanc
- 1 ounce parmesan grated
- 0.5 teaspoon sea salt
- 4 cups pkt spinach fresh
- 3 tablespoons butter unsalted
- 3 cups milk whole low fat ( or )
- 1.5 cups onion yellow chopped

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- pot
- baking pan
- aluminum foil
- cheesecloth

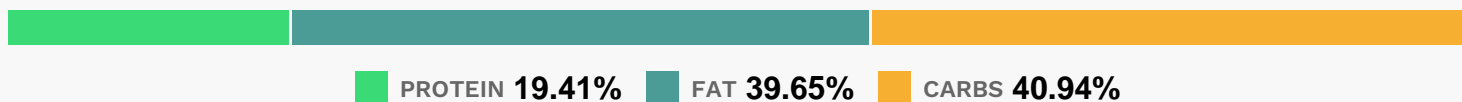
## Directions

- Wrap the dried porcinis in cheesecloth tied with string.
- Heat the milk in a medium saucepan over medium-high heat until small bubbles form. Take off the heat and place the porcini in the milk.
- Let it steep for 1 hour at room temperature. Meanwhile, melt the 1 teaspoon butter in a large skillet over medium-high heat.
- Add the spinach, salt and a few grinds of black pepper and decrease the heat to medium. Cook, tossing now and then, until the spinach has shrunk by half but is still green, about 3 minutes.
- Transfer the spinach to a bowl to cool. Wipe out the pan.
- Heat the olive oil and 1 tablespoon butter in the skillet over medium heat. When the butter is melted, add the onion and garlic to the pan. Sauté, stirring just until the onion softens; add the

fresh mushrooms. Cook until the mushrooms begin to show some brown, about 10 minutes over medium heat. Take the pan off the heat and set it aside. After 1 hour, squeeze as much milk out of the porcini as you can into a bowl. Empty the mushrooms into another bowl and discard the cheesecloth. Using the porcini-steeped milk, the remaining 2 tablespoons butter and the flour, make a béchamel (see separate instructions). Preheat the oven to 400°F. Bring a large pot of water to a boil over medium-high heat for the pasta. Butter a lasagna pan or deep baking dish. Cook the pasta and divide the mushrooms into three equal portions and the spinach into two equal portions, and have all the cheeses and béchamel ready for layering. For the bottom layer, arrange the pasta starting at the pan's center and let the bottom half of each pasta sheet drape over the pan's sides.

- Sprinkle one-third of the mushrooms over the bottom pasta layer.
- Sprinkle lightly with one-third of the Gruyère.
- Add another pasta layer.
- Add béchamel sauce, smoothing it over the pasta. Arrange half the spinach on the pasta and top with half the fromage blanc, dropping small spoonfuls on top of the spinach.
- Add another neat layer of pasta. Repeat with another mushroom and Gruyère layer, more pasta and another béchamel, spinach, and fromage blanc layer. After the final mushroom layer, fold over the pasta edges that have hung over the pan sides all this time. Give the top a final light layer of béchamel, smoothing it evenly over the pasta, sprinkle with Parmesan, and cover the top with aluminum foil.
- Bake for 20 minutes, then remove the foil and decrease the oven temperature to 350°F. Cook until the cheese on top is bubbly and starting to brown, another 15 to 20 minutes. Take the lasagna out of the oven and let it cool for at least 15 minutes before serving. Try out these lasagna recipes on Food Republic: Creamy Artichoke Lasagna
- Bake Recipe
- Roast Chicken And Grilled Eggplant Lasagna Recipe
- Pulled Pork Belly Lasagna Recipe

## Nutrition Facts



## Properties

Glycemic Index:36.63, Glycemic Load:4.05, Inflammation Score:-9, Nutrition Score:27.070869259212%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

## Nutrients (% of daily need)

Calories: 487.66kcal (24.38%), Fat: 20.71g (31.86%), Saturated Fat: 10.84g (67.74%), Carbohydrates: 48.13g (16.04%), Net Carbohydrates: 46.03g (16.74%), Sugar: 9.23g (10.25%), Cholesterol: 97.25mg (32.42%), Sodium: 472.1mg (20.53%), Alcohol: 3.61g (100%), Alcohol %: 1.38% (100%), Protein: 22.81g (45.62%), Vitamin K: 75.29µg (71.7%), Vitamin B2: 0.85mg (50.1%), Calcium: 478.46mg (47.85%), Phosphorus: 475.52mg (47.55%), Vitamin A: 2010.34IU (40.21%), Folate: 159.59µg (39.9%), Vitamin B1: 0.58mg (38.82%), Manganese: 0.62mg (31.06%), Copper: 0.6mg (30.05%), Vitamin B5: 2.78mg (27.78%), Vitamin B3: 5.42mg (27.12%), Selenium: 16.25µg (23.22%), Zinc: 3.09mg (20.63%), Vitamin B12: 1.2µg (20.06%), Potassium: 688.79mg (19.68%), Magnesium: 76.1mg (19.03%), Iron: 3mg (16.69%), Vitamin B6: 0.33mg (16.52%), Vitamin D: 1.56µg (10.41%), Vitamin C: 8.54mg (10.36%), Fiber: 2.09g (8.37%), Vitamin E: 0.83mg (5.52%)