



White Lasagne with Parmigiano Besciamella (Lasagne in Bianco)

READY IN



120 min.

SERVINGS



6

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 12 sheets no boil lasagna noodles (7- by 3-inch)
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 0.5 cup plum brandy dry
- ☐ 0.5 teaspoon nutmeg grated
- ☐ 1 cup parmesan divided grated
- ☐ 0.5 teaspoon sea salt fine

- ☐ 0.8 cup shallots minced (6)
- ☐ 8 tablespoons butter unsalted
- ☐ 3.8 cups milk whole

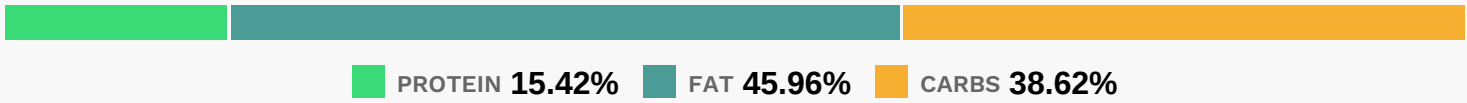
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Cook shallots in butter in a heavy medium saucepan over medium heat, stirring occasionally, until tender, about 4 minutes.
- ☐ Add flour and cook over low heat, stirring with a wooden spoon, 3 minutes.
- ☐ Add nutmeg, then slowly whisk in milk and stock. Bring to a boil, whisking, then simmer, stirring occasionally, just until sauce lightly coats back of spoon, about 1 minute.
- ☐ Remove from heat and cool to warm, stirring occasionally. Stir in eggs, Marsala, sea salt, 1/2 teaspoon pepper, and 1/2 cup cheese.
- ☐ Spread about 1 1/4 cups sauce over bottom of an 11- by 8-inch baking dish. Cover with a layer of 3 lasagne sheets. Repeat layering 3 more times, then top with remaining sauce and remaining 1/2 cup cheese.
- ☐ Bake, uncovered, until browned, 45 to 55 minutes.
- ☐ Sauce can be made 1 day ahead and chilled, covered (once cool).

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:9.84, Inflammation Score:-7, Nutrition Score:13.513478216918%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 541.46kcal (27.07%), Fat: 26.98g (41.51%), Saturated Fat: 15.82g (98.85%), Carbohydrates: 51g (17%), Net Carbohydrates: 48.45g (17.62%), Sugar: 12.2g (13.55%), Cholesterol: 147.84mg (49.28%), Sodium: 561.84mg (24.43%), Alcohol: 3.06g (100%), Alcohol %: 1.14% (100%), Protein: 20.37g (40.74%), Calcium: 414.83mg (41.48%), Phosphorus: 350.12mg (35.01%), Vitamin B2: 0.42mg (24.77%), Selenium: 15.94µg (22.77%), Vitamin B12: 1.24µg (20.72%), Vitamin A: 935.05IU (18.7%), Vitamin D: 2.37µg (15.83%), Potassium: 521.12mg (14.89%), Vitamin B1: 0.2mg (13.55%), Vitamin B6: 0.25mg (12.39%), Vitamin B5: 1.06mg (10.58%), Zinc: 1.56mg (10.43%), Fiber: 2.55g (10.19%), Manganese: 0.2mg (10.07%), Magnesium: 39.01mg (9.75%), Folate: 38.8µg (9.7%), Iron: 1.41mg (7.82%), Vitamin B3: 1.48mg (7.42%), Vitamin E: 0.74mg (4.93%), Copper: 0.09mg (4.69%), Vitamin C: 2.37mg (2.87%), Vitamin K: 2.37µg (2.25%)