



Wild Mushroom Lasagne

READY IN



300 min.

SERVINGS



12

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup the following: parmesan rind) dried
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 garlic clove smashed
- ☐ 12 lasagne pasta sheets dried (not no-boil)
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 cup onion chopped (1 medium)
- ☐ 1.8 cups parmesan finely grated

- ☐ 0.5 teaspoon salt
- ☐ 1 pinch sugar
- ☐ 28 ounce tomatoes diced canned
- ☐ 3 tablespoons butter unsalted
- ☐ 2 cups water
- ☐ 3 cups milk whole

Equipment

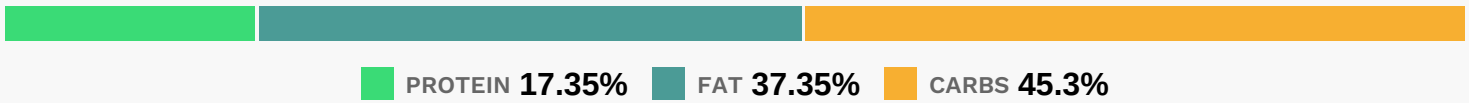
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ Heat butter in a 2-quart heavy saucepan over moderately low heat until melted, then add flour and cook roux over low heat, whisking, 3 minutes.
- ☐ Add hot milk in a fast stream, whisking vigorously, and whisk in garlic and salt. Bring to a boil, whisking. Reduce heat and simmer, whisking occasionally, 10 minutes, then remove garlic and add pepper.
- ☐ Pour boiling-hot water over porcini in a bowl and let stand until softened, about 20 minutes.Lift out porcini, squeezing excess liquid back into bowl, then rinse to remove any grit.
- ☐ Pour soaking liquid through a sieve lined with a dampened paper towel into another bowl. Chop porcini and add to soaking liquid.

- ☐ Cook onion in oil in a 12-inch heavy skillet over moderate heat, stirring occasionally, until softened, 4 to 5 minutes, then stir in tomatoes with juice, sugar, porcini with soaking liquid, and 1 tablespoon basil. Simmer, stirring frequently, until tomatoes have broken down into a chunky sauce, about 25 minutes. Stir in salt and remaining tablespoon basil.
- ☐ Cook lasagne noodles in a 6- to 8-quart pot of boiling salted water 8 minutes (noodles will not be cooked through), then drain and transfer to a bowl of cold water.
- ☐ Put oven rack in middle position and preheat oven to 425°F.
- ☐ Spread 1 cup béchamel on bottom of a buttered 13- by 9-inch baking dish, reserving remainder for last layer.
- ☐ Drain 3 lasagne noodles in 1 layer on a kitchen towel and arrange over béchamel in baking dish.
- ☐ Spread pasta in dish evenly with one third of mushroom tomato sauce and sprinkle with 1/3 cup cheese. Repeat layering of pasta, mushroom tomato sauce, and cheese twice, then cover with last 3 lasagne noodles.
- ☐ Spread remaining béchamel on top and sprinkle with remaining 3/4 cup cheese.
- ☐ Bake, uncovered, until lasagne is bubbling and top is browned, 30 to 35 minutes.
- ☐ Let stand at room temperature at least 15 minutes before cutting.
- ☐ · Béchamel and mushroom tomato sauces can be made 2 days ahead and cooled, uncovered, then chilled separately, covered. Bring sauces to room temperature before using. You can assemble lasagne 1 day ahead and chill, covered. Bring to room temperature before baking.

Nutrition Facts



Properties

Glycemic Index:34.26, Glycemic Load:10.84, Inflammation Score:-5, Nutrition Score:11.386086795641%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 273.36kcal (13.67%), Fat: 11.46g (17.62%), Saturated Fat: 5.75g (35.94%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 29.15g (10.6%), Sugar: 6.08g (6.76%), Cholesterol: 24.76mg (8.25%), Sodium: 453.3mg (19.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.94%), Selenium: 23.95µg (34.21%), Calcium: 280.88mg (28.09%), Phosphorus: 242.16mg (24.22%), Manganese: 0.38mg (18.97%), Copper: 0.27mg (13.45%), Vitamin B2: 0.23mg (13.44%), Magnesium: 41.39mg (10.35%), Vitamin B6: 0.21mg (10.33%), Vitamin B5: 1.03mg (10.32%), Potassium: 351.8mg (10.05%), Zinc: 1.36mg (9.09%), Vitamin C: 7.36mg (8.92%), Vitamin B12: 0.51µg (8.51%), Fiber: 2.11g (8.44%), Vitamin B1: 0.12mg (8.07%), Vitamin A: 395.56IU (7.91%), Vitamin B3: 1.49mg (7.47%), Iron: 1.3mg (7.21%), Vitamin E: 0.97mg (6.45%), Vitamin D: 0.89µg (5.92%), Vitamin K: 5.51µg (5.24%), Folate: 20.89µg (5.22%)