



3-Cheese Eggplant Lasagna

 Gluten Free

READY IN



145 min.

SERVINGS



8

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes crushed canned
- 2 tablespoons canola oil
- 1 cup carrots shredded
- 1 teaspoon basil dried
- 2 eggplants sliced lengthwise into 1/ slices
- 2 eggs
- 1 cup pkt spinach frozen chopped
- 1 teaspoon garlic powder

- 8 servings salt and ground pepper black to taste
- 1 teaspoon olive oil
- 1 onion diced
- 1 teaspoon onion powder
- 1 teaspoon oregano dried
- 15 ounce ricotta cheese
- 0.5 cup romano cheese freshly grated
- 0.5 teaspoon salt
- 1 cup mozzarella cheese shredded
- 6 ounce tomato paste canned

Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan

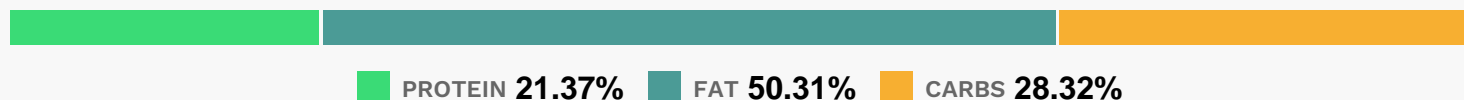
Directions

- Sprinkle both sides of eggplant slices with 2 tablespoons salt, and layer them in a large baking dish with paper towels between each layer.
- Place a smaller baking dish on top of the eggplant slices, and weigh it down with several heavy food cans.
- Let sit for at least an hour or until the paper towels are visibly moist.
- Rinse eggplant slices with fresh water and pat dry with paper towels.
- Heat a large skillet on medium heat and pour in 2 tablespoons of canola oil.
- Working in batches if necessary, cook both sides of eggplant slices until they are slightly browned, about 5 minutes per side. Set cooked eggplant aside.
- Prepare sauce by combining the crushed tomatoes, tomato paste, oregano, basil, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 tablespoon olive oil, salt, and black pepper in a

separate bowl. Set aside.

- Heat 1 teaspoon olive oil in a skillet over medium heat; cook and stir onion until translucent, about 5 minutes.
- Add frozen spinach and shredded carrots to onion. Cook until mixture is dry, 5 to 8 minutes. Set aside to cool.
- Combine ricotta cheese, eggs, Romano cheese, 1 teaspoon garlic powder, 1 teaspoon onion powder, and 1/2 teaspoon salt in a separate bowl.
- Spoon cooled spinach and carrot mixture into ricotta mixture and combine.
- Preheat oven to 350 degrees F (175 degrees C).
- Begin lasagna assembly by pouring a thin layer of tomato sauce into a 9x13 inch baking dish.
- Place half the eggplant slices in a layer on top of tomato sauce.
- Spread half the ricotta cheese mixture on top of eggplant layer.
- Add another layer of tomato sauce, then layer on the remaining eggplant slices and remaining ricotta mixture.
- Finish with a final layer of tomato sauce, and spread mozzarella cheese over the top.
- Bake in the preheated oven for 45 minutes or until the mozzarella cheese is browned.
- Let sit for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:37.85, Glycemic Load:4.86, Inflammation Score:-10, Nutrition Score:25.777391298957%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 297.96kcal (14.9%), Fat: 17.49g (26.91%), Saturated Fat: 8.11g (50.67%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 14.93g (5.43%), Sugar: 11.22g (12.47%), Cholesterol: 85.59mg (28.53%), Sodium: 556.34mg (24.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.72g (33.44%), Vitamin A: 5667.43IU (113.35%), Vitamin K: 92.85µg (88.43%), Manganese: 0.72mg (36.03%), Calcium: 346.85mg (34.68%), Phosphorus: 291.23mg (29.12%), Fiber: 7.22g (28.89%), Potassium: 855.72mg (24.45%), Selenium: 16.84µg (24.05%), Vitamin E: 3.49mg (23.24%), Vitamin B2: 0.38mg (22.48%), Folate: 89.08µg (22.27%), Vitamin B6: 0.41mg (20.68%), Vitamin C: 16.71mg (20.25%), Copper: 0.39mg (19.27%), Magnesium: 72.89mg (18.22%), Iron: 3.03mg (16.82%), Zinc: 2.05mg (13.64%), Vitamin B3: 2.59mg (12.97%), Vitamin B1: 0.19mg (12.77%), Vitamin B12: 0.67µg (11.13%), Vitamin B5: 1.07mg (10.73%), Vitamin D: 0.41µg (2.76%)