



Antipasto Lasagna

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained coarsely chopped canned
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 6 no-boil lasagna noodles
- ☐ 4 ounces preshredded part-skim mozzarella cheese divided
- ☐ 27.5 ounce mushroom-and-roasted garlic pasta sauce fat-free
- ☐ 7 ounce roasted bell peppers red drained chopped
- ☐ 0.5 cup turkey pepperoni divided chopped (such as Hormel)

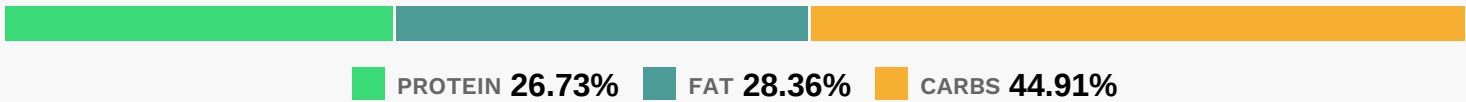
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Spread 1/2 cup pasta sauce in bottom of an 8-inch square baking dish coated with cooking spray. Arrange 2 noodles over sauce; top with half of artichokes, half of bell peppers, 1/4 cup pepperoni, and half of olives.
- ☐ Sprinkle with 1/2 cup cheese; top with 3/4 cup sauce. Repeat layers, omitting cheese, ending with noodles.
- ☐ Spread remaining sauce over noodles. Cover and bake at 450 for 30 minutes or until noodles are tender and sauce is bubbly. Uncover and top with 1/2 cup cheese; bake an additional 5 minutes.
- ☐ Let stand 5 minutes.
- ☐ Garnish with oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:3.34, Inflammation Score:-8, Nutrition Score:15.143478447976%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 335.22kcal (16.76%), Fat: 10.86g (16.7%), Saturated Fat: 4.29g (26.83%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 32.31g (11.75%), Sugar: 8.57g (9.52%), Cholesterol: 66.57mg (22.19%), Sodium: 2869.85mg (124.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.07%), Vitamin C: 36.71mg (44.5%), Calcium: 282.86mg (28.29%), Vitamin A: 1296.98IU (25.94%), Fiber: 6.38g (25.53%), Potassium: 877.71mg (25.08%), Vitamin E: 3.27mg (21.83%), Phosphorus: 194.25mg (19.43%), Copper: 0.37mg (18.42%), Iron: 3.18mg (17.69%), Zinc: 2.58mg (17.18%), Vitamin B6: 0.3mg (15.13%), Manganese: 0.29mg (14.54%), Magnesium: 54.58mg (13.64%), Vitamin B2: 0.23mg (13.43%), Vitamin B3: 2.26mg (11.3%), Selenium: 5.5µg (7.86%), Folate: 29.55µg (7.39%), Vitamin B5: 0.65mg (6.46%), Vitamin K: 6.07µg (5.78%), Vitamin B1: 0.07mg (4.44%), Vitamin B12: 0.23µg (3.87%)