



Baked Vegetable Lasagna

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 28 ounce canned tomatoes crushed undrained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic clove minced
- ☐ 12 lasagna noodles gluten-free cooked

- ☐ 0.5 cup spring onion thinly sliced
- ☐ 1 teaspoon kosher salt divided
- ☐ 3 tablespoons olive oil divided
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 2 ounces parmesan fresh grated
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 3 cups bell pepper red finely chopped (2 medium)
- ☐ 1 cup ricotta cheese
- ☐ 1 teaspoon sugar
- ☐ 14 ounce tofu firm drained
- ☐ 0.5 cup onion white chopped
- ☐ 2 medium zucchini thinly sliced quartered

Equipment

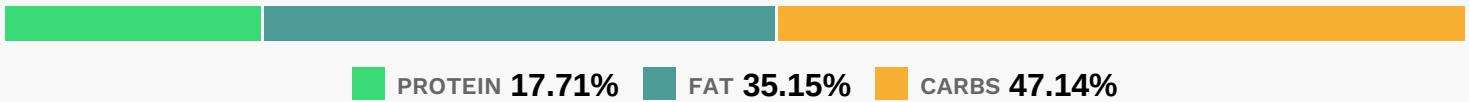
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Heat 2 tablespoons oil in a medium saucepan over medium-high heat.
- ☐ Add white onion; saut 5 minutes or until tender.
- ☐ Add garlic; saut 1 minute or until golden.
- ☐ Add 1/2 teaspoon salt, sugar, 1/8 teaspoon black pepper, crushed red pepper, and tomatoes. Cover, reduce heat to low, and simmer 15 minutes or until thoroughly heated.
- ☐ Remove from heat; stir in basil and oregano. Cool.

- ☐ Combine ricotta, Parmigiano-Reggiano, tofu, egg, and 1/4 teaspoon salt in a food processor; process 10 seconds or until blended. Stir in green onions. Set aside.
- ☐ Heat remaining 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add bell pepper, zucchini, and remaining 1/4 teaspoon salt to pan; saut 10 minutes or until vegetables are tender and liquid evaporates.
- ☐ Remove from heat; stir in parsley and remaining 1/8 teaspoon black pepper.
- ☐ Spread 1/2 cup tomato mixture in bottom of a 13 x 9inch baking dish coated with cooking spray; top with 3 noodles.
- ☐ Spread 3/4 cup tomato mixture over noodles; top with 1 cup tofu mixture and 1 cup zucchini mixture. Repeat layers twice, ending with noodles.
- ☐ Spread remaining 3/4 cup tomato mixture over top.
- ☐ Bake at 375 for 35 minutes or until bubbly; top with mozzarella cheese.
- ☐ Bake an additional 5 minutes or until cheese melts.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:56.51, Glycemic Load:4.09, Inflammation Score:-10, Nutrition Score:23.38826078954%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 422.63kcal (21.13%), Fat: 17.02g (26.18%), Saturated Fat: 6.11g (38.22%), Carbohydrates: 51.36g (17.12%), Net Carbohydrates: 45.91g (16.7%), Sugar: 9.5g (10.56%), Cholesterol: 50.68mg (16.89%), Sodium: 648.35mg (28.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.29g (38.58%), Vitamin C: 95.18mg (115.37%), Vitamin K: 78.18µg (74.46%), Vitamin A: 2720.77IU (54.42%), Calcium: 367.19mg (36.72%), Phosphorus: 234.52mg (23.45%), Vitamin B6: 0.47mg (23.34%), Vitamin E: 3.27mg (21.83%), Fiber: 5.45g (21.8%), Manganese: 0.43mg (21.73%), Potassium: 656.32mg (18.75%), Vitamin B2: 0.31mg (18.01%), Iron: 3.22mg (17.91%), Folate: 70.72µg

(17.68%), Selenium: 10.54µg (15.05%), Copper: 0.26mg (12.97%), Magnesium: 51.64mg (12.91%), Vitamin B3: 2.18mg (10.9%), Zinc: 1.6mg (10.69%), Vitamin B1: 0.15mg (10.09%), Vitamin B5: 0.8mg (7.97%), Vitamin B12: 0.33µg (5.55%), Vitamin D: 0.25µg (1.7%)