



Black-Bean Lasagna

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 31 ounce black beans rinsed drained canned
- ☐ 12 lasagna noodles cooked
- ☐ 8 ounce carton cream sour reduced-fat
- ☐ 1 large eggs lightly beaten
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 teaspoon ground coriander

- ☐ 1.5 teaspoons ground cumin
- ☐ 4 jalapeño peppers
- ☐ 6 ounces monterrey jack cheese shredded
- ☐ 2 cups onion chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 16 ounce chunky salsa
- ☐ 2 cups tomatoes chopped

Equipment

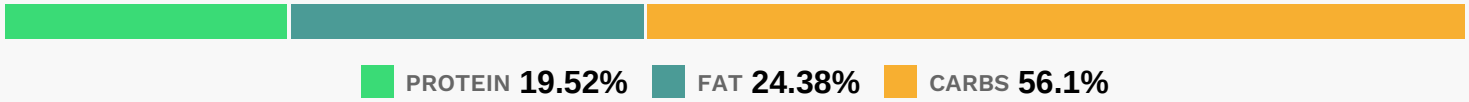
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut jalapeos in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 4 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 5 minutes. Peel and chop. Reduce oven temperature to 37
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add the onion, bell peppers, and garlic; saut 6 minutes.
- ☐ Add tomato, cumin, and coriander; cook 3 minutes.
- ☐ Add jalapeo and beans; cook 3 minutes.
- ☐ Remove from heat; cool 10 minutes. Stir in cilantro, sour cream, and egg.

- ☐
- Spread 3 tablespoons salsa in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 noodles slightly overlapping over salsa, and top with half of the bean mixture, 1/2 cup cheese, and 3 tablespoons salsa. Repeat the layers, ending with noodles.
- ☐
- Spread remaining salsa over noodles, and sprinkle with 1/2 cup cheese. Cover and bake at 375 for 30 minutes. Uncover and bake an additional 15 minutes or until cheese melts.
- ☐
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:35.19, Glycemic Load:14.45, Inflammation Score:-9, Nutrition Score:23.983043338941%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg

Nutrients (% of daily need)

Calories: 423.13kcal (21.16%), Fat: 11.67g (17.95%), Saturated Fat: 6.45g (40.28%), Carbohydrates: 60.42g (20.14%), Net Carbohydrates: 47.99g (17.45%), Sugar: 7.07g (7.86%), Cholesterol: 52.1mg (17.37%), Sodium: 960.68mg (41.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.02g (42.04%), Vitamin C: 60.07mg (72.81%), Fiber: 12.43g (49.72%), Selenium: 32.13µg (45.89%), Manganese: 0.8mg (40.07%), Phosphorus: 352.08mg (35.21%), Vitamin A: 1620.43IU (32.41%), Calcium: 287.72mg (28.77%), Folate: 111.15µg (27.79%), Potassium: 862.79mg (24.65%), Iron: 4.42mg (24.57%), Vitamin B6: 0.46mg (23.05%), Magnesium: 88.34mg (22.08%), Vitamin B2: 0.36mg (21.24%), Copper: 0.42mg (21.02%), Vitamin B1: 0.27mg (18.03%), Zinc: 2.29mg (15.24%), Vitamin E: 1.79mg (11.95%), Vitamin B3: 2.38mg (11.92%), Vitamin K: 10.27µg (9.78%), Vitamin B5: 0.75mg (7.5%), Vitamin B12: 0.35µg (5.85%), Vitamin D: 0.31µg (2.06%)