



Black Bean Lasagna I

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce black beans canned
- ☐ 15 ounce tomato sauce canned
- ☐ 1 eggs
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 9 lasagna noodles
- ☐ 0.5 cup onion chopped
- ☐ 1 pint part-skim ricotta cheese

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8 ounces mozzarella cheese shredded

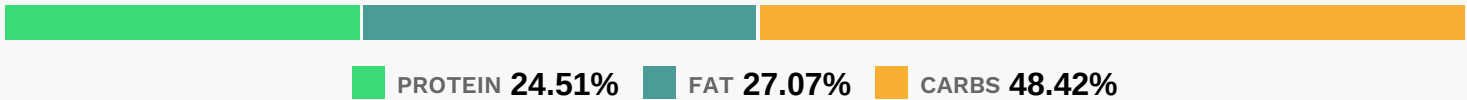
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ In a large pot of lightly salted boiling water, cook the lasagna noodles 10 minutes, until al dente, and drain.
- ☐ In a bowl, blend the ricotta cheese and egg, and set aside. Preheat oven to 350 degrees F (175 degrees C). Coat a 3-quart baking dish with cooking spray.
- ☐ Spray a large skillet with cooking spray, and saute the onion, green bell pepper, and garlic until tender. Mash 1 can of black beans. Stir mashed black beans, whole black beans, and tomato sauce into skillet, and cook until heated through.
- ☐ Arrange 3 lasagna noodles in the bottom of the prepared baking dish, and layer with 1/3 each of the ricotta mixture, black bean mixture, and mozzarella cheese. Repeat twice.
- ☐ Bake 40 to 45 minutes in the preheated oven.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:10.84, Inflammation Score:-7, Nutrition Score:19.94695654641%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 414.33kcal (20.72%), Fat: 12.53g (19.28%), Saturated Fat: 7.02g (43.87%), Carbohydrates: 50.44g (16.81%), Net Carbohydrates: 40.46g (14.71%), Sugar: 3.88g (4.32%), Cholesterol: 61.19mg (20.4%), Sodium: 949.6mg (41.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.54g (51.07%), Selenium: 38.24µg (54.63%), Phosphorus: 421.75mg (42.18%), Fiber: 9.97g (39.9%), Calcium: 365.46mg (36.55%), Manganese: 0.66mg (33.14%), Vitamin B2: 0.41mg (24.14%), Folate: 94.74µg (23.68%), Copper: 0.41mg (20.47%), Magnesium: 81.68mg (20.42%), Potassium: 714.36mg (20.41%), Iron: 3.62mg (20.12%), Zinc: 2.9mg (19.35%), Vitamin C: 15.24mg (18.48%), Vitamin B1: 0.23mg (15.63%), Vitamin B12: 0.87µg (14.45%), Vitamin A: 717.89IU (14.36%), Vitamin B6: 0.23mg (11.65%), Vitamin B3: 1.91mg (9.53%), Vitamin B5: 0.8mg (8.02%), Vitamin E: 0.99mg (6.6%), Vitamin K: 3.34µg (3.19%), Vitamin D: 0.28µg (1.88%)