



## Broccoli and Carrot Lasagna

READY IN



45 min.

SERVINGS



15

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 cups broccoli chopped
- 2 cups carrots chopped
- 21.5 ounce cream of mushroom soup canned
- 0.8 cup curd cottage cheese
- 1 teaspoon rosemary dried crushed
- 1 teaspoon garlic powder
- 9 lasagne pasta sheets
- 2 teaspoons paprika
- 0.8 cup parmesan cheese grated

3 cups mozzarella cheese shredded

## Equipment

bowl

frying pan

oven

## Directions

Steam broccoli and carrots till tender.

Boil lasagna noodles.

In a bowl combine cream of mushroom soup, 1/2 cup Parmesan, cottage cheese, and 2 cups Mozzarella.

Mix well and set aside 1 1/4 cup of mixture.

To remaining sauce, add garlic powder, rosemary, and the cooked veggies. Set aside.

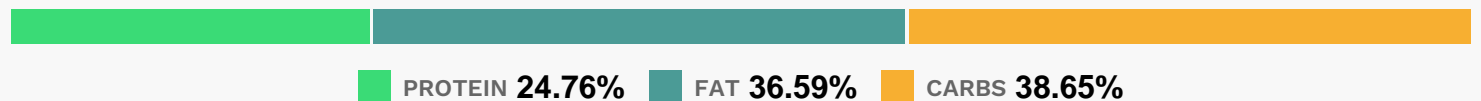
To assemble lasagna: In a 9x13-inch pan, lay 3 noodles, spread 1/2 of veggie mixture, 3 noodles, spread rest of veggie mixture, 3 noodles, the reserved 1 1/4 cup of cheese mixture.

Sprinkle 1 cup Mozzarella on top.

Mix together paprika and 1/4 cup Parmesan and sprinkle on top of Mozzarella.

Cover and bake at 375 degrees F (190 degrees C) for 1/2 hour, then remove cover and bake 10 more minutes! Enjoy, it's really wonderful!

## Nutrition Facts



## Properties

Glycemic Index:17.66, Glycemic Load:6.13, Inflammation Score:-9, Nutrition Score:13.059565215007%

## Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

## Nutrients (% of daily need)

Calories: 202.07kcal (10.1%), Fat: 8.25g (12.69%), Saturated Fat: 4.47g (27.97%), Carbohydrates: 19.61g (6.54%), Net Carbohydrates: 17.79g (6.47%), Sugar: 2.2g (2.45%), Cholesterol: 25.86mg (8.62%), Sodium: 569.95mg (24.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.56g (25.13%), Vitamin A: 3338.28IU (66.77%), Vitamin C: 21.95mg (26.6%), Vitamin K: 27.02µg (25.73%), Selenium: 17.86µg (25.52%), Phosphorus: 194.36mg (19.44%), Calcium: 188.7mg (18.87%), Manganese: 0.37mg (18.36%), Zinc: 1.75mg (11.68%), Vitamin B12: 0.69µg (11.47%), Vitamin B2: 0.17mg (10.19%), Copper: 0.16mg (7.98%), Potassium: 263.1mg (7.52%), Fiber: 1.82g (7.28%), Folate: 27.27µg (6.82%), Magnesium: 26.44mg (6.61%), Vitamin B6: 0.13mg (6.55%), Vitamin B3: 1.04mg (5.18%), Iron: 0.92mg (5.13%), Vitamin B5: 0.45mg (4.45%), Vitamin B1: 0.06mg (4.26%), Vitamin E: 0.47mg (3.13%)