



Chard Lasagna

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 43.5 oz tomatoes crushed canned
- ☐ 1.5 teaspoons basil dried
- ☐ 1 clove garlic minced pressed peeled
- ☐ 8 oz lasagna dried
- ☐ 1 tablespoon olive oil
- ☐ 8 oz onion peeled chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 1 cup parmesan cheese shredded
- ☐ 1 pound chard green red

- ☐ 1 cup ricotta cheese
- ☐ 12 servings salt and pepper

Equipment

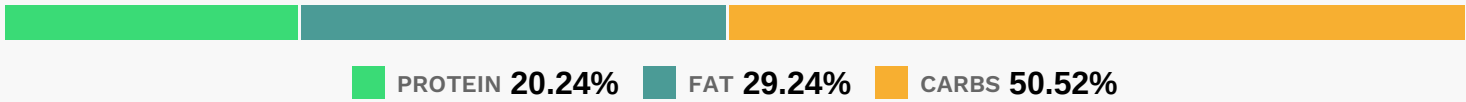
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring 3 quarts water to a boil.
- ☐ Add lasagna and cook, stirring occasionally to separate noodles, until barely tender to bite, about 10 minutes.
- ☐ Drain pasta, immerse in cold water until cool, and drain again. Cover loosely.
- ☐ Meanwhile, rinse and drain chard. Trim and discard discolored stem ends. Thinly slice stems crosswise and coarsely chop leaves. In a 4- to 6-quart pan over high heat, bring about 1 cup water to a boil.
- ☐ Add chard, reduce heat, and simmer, stirring occasionally, until stems are tender-crisp to bite, 4 to 6 minutes.
- ☐ Drain, extracting as much water as possible with the back of a spoon. In a bowl, mix chard with ricotta; add salt and pepper to taste.
- ☐ In the same pan over medium-high heat, stir onion and garlic in oil until limp, about 10 minutes.
- ☐ Add tomatoes, basil, and oregano; cover and simmer to blend flavors, about 15 minutes.
- ☐ Add salt and pepper to taste.
- ☐ Cover bottom of a 9- by 13-inch baking dish with a third of the noodles, then half the chard mixture, spreading it level to edges of dish. Spoon a third of the tomato sauce over chard mixture and sprinkle with a third of the parmesan. Repeat layers of noodles, chard mixture, sauce, and cheese. Cover with remaining noodles, then remaining tomato sauce and cheese.
- ☐ Bake in a 350 regular or convection oven until hot in the center and bubbling at edges, 25 to 30 minutes.

Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:8.7, Inflammation Score:-9, Nutrition Score:18.847825985888%

Flavonoids

Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 198.01kcal (9.9%), Fat: 6.69g (10.29%), Saturated Fat: 3.36g (21.01%), Carbohydrates: 25.99g (8.66%), Net Carbohydrates: 22.35g (8.13%), Sugar: 6.38g (7.09%), Cholesterol: 16.21mg (5.4%), Sodium: 562.93mg (24.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.82%), Vitamin K: 324.05µg (308.62%), Vitamin A: 2695.39IU (53.91%), Manganese: 0.56mg (27.82%), Vitamin C: 22.28mg (27%), Selenium: 17.92µg (25.6%), Calcium: 211.36mg (21.14%), Phosphorus: 183.06mg (18.31%), Magnesium: 70.65mg (17.66%), Copper: 0.33mg (16.49%), Potassium: 550.97mg (15.74%), Vitamin E: 2.29mg (15.28%), Iron: 2.67mg (14.81%), Fiber: 3.64g (14.57%), Vitamin B6: 0.26mg (13.25%), Vitamin B2: 0.17mg (10.29%), Vitamin B3: 1.81mg (9.07%), Vitamin B1: 0.12mg (8.33%), Zinc: 1.2mg (8%), Folate: 29.7µg (7.42%), Vitamin B5: 0.54mg (5.42%), Vitamin B12: 0.17µg (2.84%)