



Cheesy Roasted-Vegetable Lasagna

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium bell pepper green red yellow cut into 8 pieces
- 1 medium onion cut into 8 wedges
- 1 large zucchini cut into 2-inch pieces (2 cups)
- 6 small potatoes - remove skin red cut into fourths
- 8 ounces mushrooms whole cut in half
- 2 tablespoons vegetable oil
- 0.5 teaspoon lawry's seasoned salt
- 2 teaspoons basil dried fresh chopped

- 9 ounces lasagne pasta sheets uncooked
- 15 ounces ricotta cheese
- 0.5 cup basil pesto
- 1 eggs slightly beaten
- 8 ounces provolone cheese shredded
- 4 ounces mozzarella cheese shredded

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oven to 425°. Spray bottom and sides of jelly roll pan, 15 1/2x10 1/2x1 inch, with cooking spray.
- Place bell peppers, onion, zucchini, potatoes, mushrooms, oil, peppered seasoned salt and basil in large bowl; toss to coat.
- Spread vegetables in pan.
- Bake uncovered about 30 minutes or until crisp-tender. Cool slightly.
- Reduce oven temperature to 350°. Spray bottom and sides of rectangular baking dish, 13x9x2 inches, with cooking spray. Cook and drain noodles as directed on package.
- Mix ricotta cheese, pesto and egg. Coarsely chop vegetables.
- Place 3 noodles lengthwise in baking dish.
- Spread with half of the ricotta mixture. Top with 2 cups vegetables and 1 cup of the provolone cheese. Repeat layers, starting with noodles. Top with remaining 3 noodles and remaining vegetables.
- Sprinkle with mozzarella cheese.
- Bake uncovered 40 to 45 minutes or until hot in center and top is golden brown.
- Let stand 5 minutes before cutting.

Nutrition Facts

PROTEIN 18.34% FAT 44.38% CARBS 37.28%

Properties

Glycemic Index:24.63, Glycemic Load:10.87, Inflammation Score:-8, Nutrition Score:25.099565350491%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 567.22kcal (28.36%), Fat: 28.24g (43.44%), Saturated Fat: 13.01g (81.28%), Carbohydrates: 53.36g (17.79%), Net Carbohydrates: 48.64g (17.69%), Sugar: 5.62g (6.24%), Cholesterol: 79.57mg (26.52%), Sodium: 668.55mg (29.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.26g (52.52%), Vitamin C: 74.4mg (90.18%), Selenium: 39.59µg (56.56%), Phosphorus: 475.26mg (47.53%), Calcium: 462.85mg (46.29%), Manganese: 0.65mg (32.31%), Potassium: 1049.83mg (30%), Vitamin B2: 0.48mg (28.51%), Vitamin B6: 0.49mg (24.27%), Copper: 0.44mg (22.06%), Zinc: 3.26mg (21.71%), Vitamin A: 1075.33IU (21.51%), Magnesium: 78.78mg (19.69%), Fiber: 4.72g (18.88%), Vitamin B3: 3.62mg (18.12%), Folate: 67.11µg (16.78%), Vitamin K: 17.61µg (16.77%), Vitamin B12: 0.98µg (16.3%), Iron: 2.63mg (14.59%), Vitamin B5: 1.42mg (14.21%), Vitamin B1: 0.21mg (13.78%), Vitamin E: 0.62mg (4.1%), Vitamin D: 0.47µg (3.14%)