



Colorful Vegetable Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce pre cremini mushrooms
- ☐ 1 large eggs
- ☐ 1.5 cups ricotta cheese fat-free
- ☐ 3 garlic cloves minced
- ☐ 8 ounces precooked lasagna noodles
- ☐ 5 cups basic marinara divided
- ☐ 1 cup onion chopped
- ☐ 2 ounces parmesan cheese fresh divided grated
- ☐ 8 ounces part-skim mozzarella cheese shredded divided

- ☐ 1 cup bell pepper red chopped (1 medium)
- ☐ 1 cup bell pepper yellow chopped (1 medium)
- ☐ 5 cups zucchini halved lengthwise thinly sliced

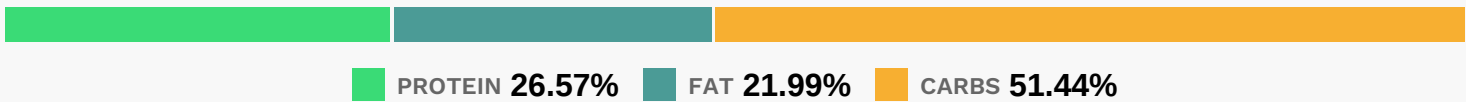
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add bell peppers, onion, zucchini, and mushrooms; saut 10 minutes or until vegetables are crisp-tender and mushroom liquid evaporates.
- ☐ Add garlic; saut 30 seconds.
- ☐ Combine 1 1/2 cups mozzarella, ricotta, 1/4 cup Parmesan, and egg, stirring well.
- ☐ Spread 1 cup Basic Marinara over bottom of a 13 x 9-inch baking dish coated with cooking spray; top with 3 noodles. Spoon 1 cup Basic Marinara evenly over noodles. Top evenly with one-third of ricotta mixture and one-third of vegetable mixture. Repeat layers twice, ending with noodles. Top with remaining 1 cup Basic Marinara.
- ☐ Sprinkle evenly with remaining 1/2 cup mozzarella and remaining 1/4 cup Parmesan. Cover and bake at 350 for 45 minutes. Uncover and bake an additional 10 minutes or until cheese melts.
- ☐ Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:12.19, Inflammation Score:-9, Nutrition Score:27.247826275618%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 332.75kcal (16.64%), Fat: 8.25g (12.69%), Saturated Fat: 4.47g (27.92%), Carbohydrates: 43.44g (14.48%), Net Carbohydrates: 38.2g (13.89%), Sugar: 12.64g (14.04%), Cholesterol: 53.59mg (17.86%), Sodium: 1085.55mg (47.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.44g (44.88%), Vitamin C: 84.44mg (102.35%), Selenium: 41.66µg (59.52%), Calcium: 442.89mg (44.29%), Phosphorus: 402.07mg (40.21%), Vitamin B2: 0.63mg (37.2%), Manganese: 0.73mg (36.74%), Vitamin A: 1664.39IU (33.29%), Potassium: 1125.74mg (32.16%), Copper: 0.63mg (31.54%), Vitamin B6: 0.54mg (26.97%), Vitamin B3: 4.94mg (24.68%), Fiber: 5.24g (20.97%), Vitamin B5: 1.88mg (18.76%), Folate: 74.89µg (18.72%), Zinc: 2.79mg (18.61%), Magnesium: 74.19mg (18.55%), Vitamin E: 2.75mg (18.37%), Iron: 2.81mg (15.6%), Vitamin B1: 0.19mg (12.54%), Vitamin K: 9.25µg (8.81%), Vitamin B12: 0.43µg (7.16%), Vitamin D: 0.3µg (2.01%)