



## Creamy Cheddar Vegetable Lasagna

READY IN



90 min.

SERVINGS



30

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter divided
- 2 cups carrots shredded
- 8 oz triple cheddar cheese shredded with a touch of philadelphia, divided kraft
- 9 lasagna noodles cooked
- 16 oz knudsen cottage cheese
- 0.3 cup flour
- 0.3 cup basil fresh chopped
- 0.5 lb mushrooms fresh sliced
- 4 cloves garlic minced

- 2.5 cups milk
- 1 onion chopped
- 0.5 cup parmesan cheese grated kraft
- 10 oz pkt spinach frozen dry thawed drained chopped well

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 375F.
- Melt butter in large skillet on medium-high heat.
- Add onions; cook and stir 3 min.
- Add mushrooms, carrots and garlic; cook and stir 6 min. or until carrots are crisp-tender.
- Add flour; cook and stir 2 min. Gradually stir in milk. Bring to boil, stirring frequently.
- Remove from heat. Stir in spinach, 1 cup cheddar and Parmesan.
- Mix cottage cheese and basil.
- Place 3 lasagna noodles on bottom of 13x9-inch baking dish sprayed with cooking spray; top with layers of half the cottage cheese mixture and 2 cups vegetable mixture. Cover with 3 noodles, remaining cottage cheese mixture and 2 cups of the remaining vegetable mixture. Top with remaining noodles and vegetable mixture; cover.
- Bake 35 to 40 min. or until heated through. Top with remaining cheddar; bake, uncovered, 5 min. or until melted.
- Let stand 10 min. before cutting to serve.

## Nutrition Facts

    
 PROTEIN **21.3%**  FAT **45.43%**  CARBS **33.27%**

## Properties

Glycemic Index:15.71, Glycemic Load:4.1, Inflammation Score:-9, Nutrition Score:8.9243478878685%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## Nutrients (% of daily need)

Calories: 120.68kcal (6.03%), Fat: 6.16g (9.47%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 9.13g (3.32%), Sugar: 2.29g (2.54%), Cholesterol: 18.09mg (6.03%), Sodium: 159.81mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (12.99%), Vitamin A: 2735.87IU (54.72%), Vitamin K: 37.54µg (35.75%), Selenium: 11.05µg (15.79%), Calcium: 124.77mg (12.48%), Phosphorus: 117.69mg (11.77%), Vitamin B2: 0.16mg (9.37%), Manganese: 0.16mg (8.22%), Folate: 24.18µg (6.04%), Zinc: 0.72mg (4.8%), Magnesium: 19.17mg (4.79%), Vitamin B12: 0.28µg (4.73%), Potassium: 156.19mg (4.46%), Fiber: 1.01g (4.06%), Vitamin B6: 0.08mg (4.04%), Vitamin B5: 0.38mg (3.76%), Copper: 0.07mg (3.61%), Vitamin B1: 0.05mg (3.55%), Vitamin E: 0.48mg (3.18%), Iron: 0.57mg (3.18%), Vitamin B3: 0.59mg (2.95%), Vitamin D: 0.31µg (2.05%), Vitamin C: 1.61mg (1.96%)