



Easy Roasted Vegetable Lasagna

READY IN



80 min.

SERVINGS



15

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon basil fresh chopped
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 clove garlic pressed
- ☐ 2 bell peppers green cut in 1-inch pieces
- ☐ 0.3 teaspoon ground pepper black
- ☐ 12 lasagna noodles
- ☐ 1 onion cut into 8 wedges
- ☐ 1 cup freshly parmesan cheese shredded
- ☐ 56 ounce pasta sauce

- ☐ 0.5 teaspoon salt
- ☐ 16 ounce mozzarella cheese shredded
- ☐ 2 zucchini sliced

Equipment

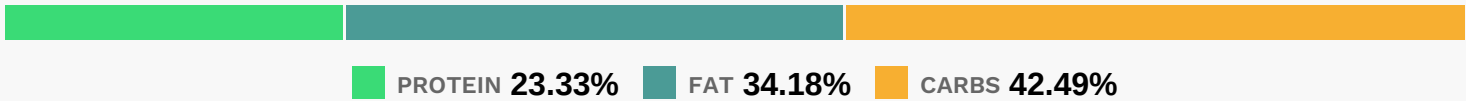
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Spray a large baking sheet with cooking spray.
- ☐ Arrange zucchini, bell peppers, mushrooms, and onion wedges on prepared baking sheet. Scatter basil and garlic over vegetables and spray with cooking spray. Season with salt and black pepper.
- ☐ Bake in preheated oven until vegetables are lightly browned and tender, 10 to 25 minutes.
- ☐ Bring a large pot of lightly salted water to a boil. Cook lasagna in the boiling water, stirring occasionally until cooked through but firm to the bite, about 8 minutes.
- ☐ Drain.
- ☐ Bring pasta sauce to a simmer in a saucepan over medium-high heat.
- ☐ Mix mozzarella cheese and Parmesan cheese in a bowl.
- ☐ Pour about 1/3 cup pasta sauce in a 9x13-inch baking dish.
- ☐ Layer 3 lasagna noodles over sauce.
- ☐ Spread about of 1/4 the roasted vegetables over noodles and top with about 1/4 the sauce.
- ☐ Sprinkle 1/4 of the mozzarella-Parmesan cheese mixture over the sauce. Repeat layers 3 more times, ending with the cheese.

Bake in preheated oven until cheese is melted and sauce is bubbly, 20 to 25 minutes. Allow lasagna to rest for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:23.8, Glycemic Load:9.19, Inflammation Score:-7, Nutrition Score:13.991739127947%

Flavonoids

Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 239.65kcal (11.98%), Fat: 9.31g (14.32%), Saturated Fat: 5.22g (32.62%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 22.91g (8.33%), Sugar: 6.38g (7.09%), Cholesterol: 28.42mg (9.47%), Sodium: 880.6mg (38.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.3g (28.6%), Selenium: 22.96µg (32.8%), Vitamin C: 25.79mg (31.26%), Calcium: 259.87mg (25.99%), Phosphorus: 252.89mg (25.29%), Manganese: 0.42mg (21.03%), Vitamin A: 833.12IU (16.66%), Vitamin B2: 0.28mg (16.59%), Potassium: 549.82mg (15.71%), Copper: 0.27mg (13.44%), Vitamin B12: 0.78µg (12.93%), Vitamin B6: 0.26mg (12.91%), Fiber: 3.13g (12.5%), Zinc: 1.81mg (12.1%), Vitamin E: 1.72mg (11.44%), Magnesium: 45.31mg (11.33%), Vitamin B3: 2.23mg (11.15%), Iron: 1.75mg (9.71%), Vitamin B5: 0.8mg (8.03%), Folate: 28.07µg (7.02%), Vitamin K: 6.73µg (6.41%), Vitamin B1: 0.09mg (6.28%), Vitamin D: 0.18µg (1.23%)