



HEALTH SCORE

52%

Easy Slow Cooker Lasagna

READY IN



140 min.

SERVINGS



6

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 56 ounce tomatoes diced canned
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 12 ounce lasagna noodles dry
- ☐ 0.3 cup oregano fresh chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 16 ounce ricotta cheese

- ☐ 0.5 teaspoon salt
- ☐ 12 ounce mozzarella cheese shredded
- ☐ 1 bunch swiss chard

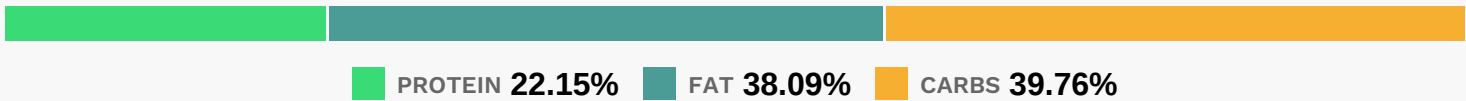
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Mix diced tomatoes, garlic, oregano, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a bowl.
- ☐ Mix ricotta cheese, parsley, Parmesan cheese, and 1/4 teaspoon pepper in a separate bowl.
- ☐ Spoon about 1/3 the tomato mixture into the bottom of a slow cooker. Top with a single layer of lasagna noodles, breaking them as needed to fit the shape of the crock.
- ☐ Layer about half the Swiss chard atop the noodles. Dollop about 1/3 of the ricotta cheese mixture atop the chard and spread another 1/3 the tomato mixture over the ricotta.
- ☐ Sprinkle about 1/3 of the mozzarella cheese over the tomato mixture. Repeat layering of lasagna noodles, Swiss chard, ricotta mixture, tomato mixture, and mozzarella cheese, respectively.
- ☐ Cook on Low until the lasagna noodles are tender, 2 to 3 hours.

Nutrition Facts



Properties

Glycemic Index:43.17, Glycemic Load:18.55, Inflammation Score:-10, Nutrition Score:37.343043026717%

Flavonoids

Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg Myricetin: 2.4mg, Myricetin: 2.4mg, Myricetin: 2.4mg, Myricetin: 2.4mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 611.35kcal (30.57%), Fat: 26.26g (40.4%), Saturated Fat: 15.28g (95.51%), Carbohydrates: 61.67g (20.56%), Net Carbohydrates: 55.32g (20.12%), Sugar: 9.3g (10.33%), Cholesterol: 90.6mg (30.2%), Sodium: 1250.49mg (54.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.35g (68.7%), Vitamin K: 519.77µg (495.02%), Vitamin A: 4615.72IU (92.31%), Selenium: 60.38µg (86.26%), Calcium: 678.4mg (67.84%), Vitamin C: 46.77mg (56.69%), Phosphorus: 561.87mg (56.19%), Manganese: 1.09mg (54.6%), Vitamin B2: 0.58mg (34.04%), Magnesium: 130.82mg (32.71%), Iron: 5.87mg (32.6%), Zinc: 4.37mg (29.14%), Potassium: 1012.57mg (28.93%), Vitamin B12: 1.66µg (27.7%), Vitamin B6: 0.53mg (26.42%), Fiber: 6.35g (25.41%), Copper: 0.49mg (24.43%), Vitamin E: 3.45mg (22.97%), Vitamin B3: 3.36mg (16.81%), Folate: 64.33µg (16.08%), Vitamin B1: 0.23mg (15.35%), Vitamin B5: 0.96mg (9.61%), Vitamin D: 0.42µg (2.8%)