



Eggless Zucchini Lasagna

READY IN



80 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cloves garlic chopped
- 2 tablespoons olive oil
- 1 onion chopped
- 0.3 cup parmesan cheese or as needed grated
- 1 cup parmesan cheese grated
- 1 cup seasoned bread crumbs
- 1 tablespoon herb seasoning italian
- 3 cups tomato sauce
- 3 large zucchini trimmed cut lengthwise into long strips

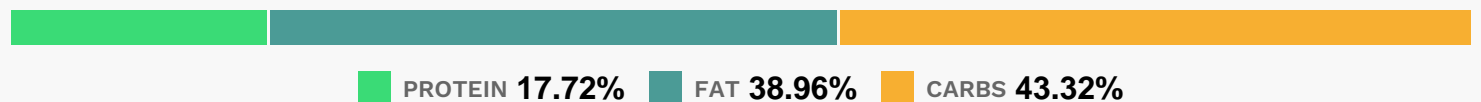
Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- broiler

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x12-inch baking dish.
- Bring a large pot of water to a boil and add zucchini slices; boil for 3 minutes.
- Drain.
- Heat olive oil in a skillet over medium heat and cook onion and garlic, stirring frequently, until onion is translucent, about 5 minutes.
- Mix bread crumbs, 1 cup Parmesan cheese, and Italian herb seasoning in a bowl.
- Spoon 3 tablespoons tomato sauce into bottom of the prepared baking dish and top with 1/3 of the zucchini slices, 1/3 of the onion-garlic mixture, and 1/3 of the crumb-Parmesan cheese mixture. Repeat layers twice more, starting with 1/2 of remaining tomato sauce and layers of zucchini, onion, and crumb mixture. End with remaining tomato sauce in a layer; sprinkle 1/4 cup Parmesan cheese over the top.
- Bake in the preheated oven until lasagna begins to bubble, about 30 minutes.
- Preheat oven's broiler and broil the lasagna until cheese topping is browned, 2 to 3 minutes.
- Let casserole stand for 15 minutes to set before serving.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:4.67, Inflammation Score:-9, Nutrition Score:31.815652018008%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 416.66kcal (20.83%), Fat: 18.91g (29.1%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 38.61g (14.04%), Sugar: 15.67g (17.42%), Cholesterol: 27.49mg (9.16%), Sodium: 1840.45mg (80.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.36g (38.71%), Vitamin C: 59.62mg (72.27%), Manganese: 1.19mg (59.61%), Vitamin K: 57.22µg (54.5%), Calcium: 463.48mg (46.35%), Phosphorus: 408.63mg (40.86%), Potassium: 1397.62mg (39.93%), Vitamin B6: 0.74mg (37.09%), Vitamin B2: 0.61mg (35.77%), Fiber: 8.72g (34.88%), Vitamin A: 1671.92IU (33.44%), Vitamin E: 4.86mg (32.43%), Iron: 5.76mg (32%), Folate: 126.28µg (31.57%), Vitamin B1: 0.47mg (31.47%), Selenium: 20.45µg (29.22%), Magnesium: 109.01mg (27.25%), Vitamin B3: 5mg (25%), Copper: 0.46mg (23.2%), Zinc: 3.13mg (20.83%), Vitamin B5: 1.43mg (14.27%), Vitamin B12: 0.53µg (8.78%), Vitamin D: 0.16µg (1.04%)