



WHATSheATE

Eggplant and Goat Cheese Lasagna



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large eggplant sliced into 1/4 inch rounds
- ☐ 11 ounce log goat cheese sliced
- ☐ 28 ounce garden vegetable pasta sauce

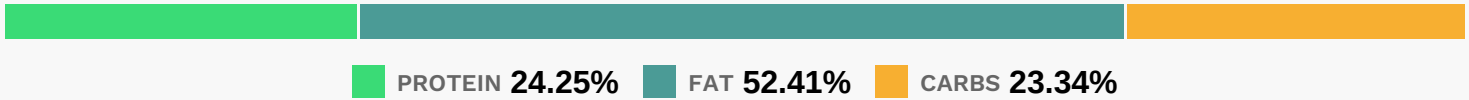
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spray a 9x13-inch baking dish with cooking spray.
- ☐ Arrange one fourth of eggplant slices in a layer in the bottom of the dish.
- ☐ Pour one fourth of pasta sauce on top of eggplant layer.
- ☐ Dot pasta sauce layer with one fourth of goat cheese slices.
- ☐ Repeat layers three more times with remaining ingredients, ending with a top layer of goat cheese.
- ☐ Bake in preheated oven until pasta sauce is bubbling and goat cheese is melted, 45 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:2.93, Inflammation Score:-7, Nutrition Score:11.894347854283%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 188.05kcal (9.4%), Fat: 11.49g (17.68%), Saturated Fat: 7.66g (47.85%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 7.24g (2.63%), Sugar: 7.87g (8.74%), Cholesterol: 23.91mg (7.97%), Sodium: 819.88mg (35.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.92%), Copper: 0.59mg (29.72%), Vitamin A: 1127.3IU (22.55%), Phosphorus: 187.09mg (18.71%), Manganese: 0.37mg (18.53%), Vitamin B2: 0.31mg (18.34%), Fiber: 4.27g (17.1%), Potassium: 581.24mg (16.61%), Vitamin B6: 0.32mg (16.19%), Vitamin E: 2.23mg (14.85%), Iron: 2.43mg (13.52%), Vitamin C: 10.94mg (13.26%), Vitamin B3: 2.03mg (10.15%), Calcium: 98.16mg (9.82%), Vitamin B5: 0.98mg (9.77%), Magnesium: 38.85mg (9.71%), Folate: 34.94µg (8.73%), Vitamin K: 7.31µg (6.96%), Vitamin B1: 0.1mg (6.53%), Zinc: 0.89mg (5.94%), Selenium: 2.48µg (3.54%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.21µg (1.39%)