



## Eggplant and Spinach Lasagne Spirals

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



812 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds peas italian halved cut lengthwise into slices slightly less than 1/ (4 to 6)
- 10 ounces baby spinach
- 0.5 teaspoon pepper black
- 1 large egg yolk lightly beaten
- 0.3 cup basil fresh chopped
- 1 pound ricotta cheese fresh (preferably )
- 1 large garlic clove finely chopped
- 2 garlic clove minced

- 8 lasagne pasta sheets dried
- 3 tablespoons olive oil
- 1 small onion finely chopped
- 1 ounce parmesan finely grated
- 3 pounds plum tomatoes halved lengthwise
- 1.3 teaspoons salt
- 0.5 cup water

## Equipment

- baking sheet
- sauce pan
- oven
- pot
- blender
- baking pan
- aluminum foil
- colander
- glass baking pan

## Directions

- Preheat oven to 450°F.
- Toss tomatoes with 3 tablespoons oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper and arrange, cut sides up, in 1 layer in 2 oiled glass or ceramic shallow baking dishes. Roast tomatoes in upper and lower thirds of oven, switching position of dishes halfway through baking, until skins are wrinkled and beginning to brown, 35 to 40 minutes. Cool slightly in baking dishes on racks.
- Toss eggplant slices with oil, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper and arrange in 1 layer on 2 oiled baking sheets.
- Bake in upper and lower thirds of oven, switching position of sheets halfway through baking and turning slices over once, until tender, 12 to 14 minutes.

- Reduce oven temperature to 350°F.
- When tomatoes are cool enough to handle, peel off skin and discard. Purée tomatoes with their juices in a blender, pulsing until almost smooth.
- Cook onion and garlic in 2 tablespoons oil in a 3- to 4-quart heavy saucepan over moderate heat, stirring, until golden, about 10 minutes. Stir in tomato purée, water, 1/4 teaspoon salt, and 1/4 teaspoon pepper and simmer, partially covered, stirring occasionally, until slightly thickened and reduced to about 4 cups, about 15 minutes. Stir in basil.
- While sauce is simmering, cook spinach in a 3- to 4-quart pot of boiling salted water, uncovered, 1 minute, then drain in a colander. When cool enough to handle, squeeze any excess water from spinach and coarsely chop. Stir together ricotta, yolk, spinach, parmesan, 3/4 teaspoon salt, and 1/4 teaspoon pepper until combined well.
- Cook lasagne noodles in a 6- to 8-quart pot of boiling salted water, stirring occasionally, until tender.
- Drain noodles in a colander and rinse under cold running water.
- Spoon 2 cups tomato sauce into a 13- by 9-inch glass baking dish (or other 3-quart shallow baking dish).
- Lay out 4 lasagne noodles on a work surface, then spread 1/3 cup filling evenly over each noodle and cover with eggplant slices in 1 layer.
- Roll up each and arrange spirals, seam sides down and without touching, over sauce in dish, then make 4 more rolls and arrange in dish.
- Brush noodles with water, then spoon some sauce down middle of rolls and cover dish tightly with foil.
- Bake in middle of oven until heated through, about 20 minutes.
- Heat remaining tomato sauce and serve on the side.

## Nutrition Facts



**PROTEIN 19.78%** **FAT 33.58%** **CARBS 46.64%**

## Properties

Glycemic Index:99.83, Glycemic Load:30.96, Inflammation Score:-10, Nutrition Score:56.008260654367%

## Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

## Nutrients (% of daily need)

Calories: 811.93kcal (40.6%), Fat: 30.93g (47.59%), Saturated Fat: 12.89g (80.59%), Carbohydrates: 96.69g (32.23%), Net Carbohydrates: 75.89g (27.6%), Sugar: 24.76g (27.51%), Cholesterol: 108.55mg (36.18%), Sodium: 1028.13mg (44.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41g (82%), Vitamin K: 439.96µg (419.01%), Vitamin A: 11916.95IU (238.34%), Vitamin C: 159.51mg (193.34%), Manganese: 2.59mg (129.43%), Folate: 370.79µg (92.7%), Selenium: 61.03µg (87.18%), Fiber: 20.79g (83.17%), Phosphorus: 721.84mg (72.18%), Potassium: 2052.79mg (58.65%), Vitamin B1: 0.87mg (58.21%), Magnesium: 217.75mg (54.44%), Calcium: 510.08mg (51.01%), Vitamin B6: 1mg (49.76%), Vitamin B2: 0.81mg (47.5%), Copper: 0.91mg (45.56%), Iron: 7.72mg (42.88%), Vitamin B3: 8.42mg (42.08%), Zinc: 6.24mg (41.6%), Vitamin E: 5.41mg (36.09%), Vitamin B5: 1.27mg (12.68%), Vitamin B12: 0.55µg (9.22%), Vitamin D: 0.49µg (3.28%)