



## Eggplant Lasagna

READY IN



75 min.

SERVINGS



9

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 9 lasagna noodles cooked
- 1 eggplant peeled chopped
- 2 cloves garlic minced
- 0.3 cup olive oil
- 0.5 cup onions chopped
- 0.5 cup parmesan cheese divided grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 3 cups polly-o original ricotta cheese
- 8 oz polly-o milk mozzarella cheese shredded whole divided

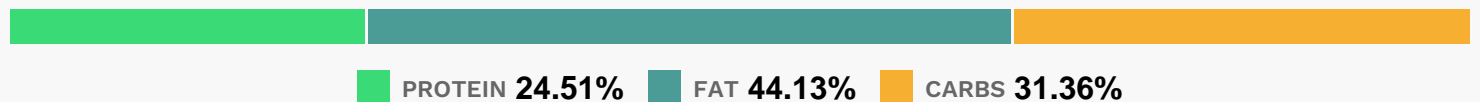
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 350F.
- Heat oil in large nonstick skillet on medium heat.
- Add eggplant, onions and garlic; cook 15 min. or until eggplant is very tender, stirring occasionally.
- Remove from heat. Stir in pasta sauce.
- Combine ricotta, 1 cup mozzarella and 1/4 cup Parmesan.
- Layer 1/3 each of the noodles, cheese mixture and pasta sauce mixture in 13x9-inch baking dish sprayed with cooking spray; repeat layers twice. Top with remaining mozzarella and Parmesan.
- Bake 40 to 45 min. or until heated through.
- Let stand 10 min. before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:23.06, Glycemic Load:11.12, Inflammation Score:-7, Nutrition Score:15.920434889586%

## Flavonoids

Delphinidin: 43.61mg, Delphinidin: 43.61mg, Delphinidin: 43.61mg, Delphinidin: 43.61mg 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: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg 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: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

## Nutrients (% of daily need)

Calories: 386.02kcal (19.3%), Fat: 19.17g (29.5%), Saturated Fat: 8.7g (54.4%), Carbohydrates: 30.66g (10.22%), Net Carbohydrates: 26.3g (9.56%), Sugar: 5.81g (6.45%), Cholesterol: 51.53mg (17.18%), Sodium: 714.44mg (31.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.93%), Selenium: 35.28µg (50.4%), Calcium: 485.07mg (48.51%), Phosphorus: 402.17mg (40.22%), Manganese: 0.42mg (21.22%), Vitamin B2: 0.34mg (19.95%), Zinc: 2.76mg (18.43%), Vitamin A: 876.42IU (17.53%), Fiber: 4.36g (17.44%), Vitamin E: 2.3mg (15.32%), Potassium: 506.91mg (14.48%), Magnesium: 49.67mg (12.42%), Iron: 2.09mg (11.62%), Vitamin B6: 0.23mg (11.27%), Copper: 0.22mg (11.09%), Vitamin B12: 0.59µg (9.8%), Folate: 36.68µg (9.17%), Vitamin C: 7.28mg (8.82%), Vitamin K: 8.96µg (8.54%), Vitamin B3: 1.46mg (7.27%), Vitamin B5: 0.65mg (6.53%), Vitamin B1: 0.07mg (4.85%), Vitamin D: 0.19µg (1.29%)