






 **42%**
HEALTH SCORE

Excellent No Fail and Easy Keto Zucchini Lasagna

 **Gluten Free**

READY IN

60 min.

SERVINGS

6

CALORIES

528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil
- 0.3 cup basil
- 1 bell pepper chopped
- 1 bell pepper chopped
- 1.5 pounds pd of ground turkey lean
- 12 ounces mozzarella cheese
- 1 onion chopped

- 0.3 cup parmesan shredded
- 0.3 cup parsley
- 1 teaspoon bell pepper red
- 15 ounces ricotta cheese
- 1 teaspoon sugar
- 28 ounces tomato sauce
- 1 teaspoon pepper white
- 4 large zucchini

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat the oven to 375F. Slice the zucchini lengthwise and lay it flat on a cookie sheet.
- Bake in the oven for 15 minutes. This is very important in order to bake out most of the liquid.
- In a medium saucepan, saut the onion and bell pepper.
- Add in the ground turkey and cook thoroughly.
- Mix in the tomato sauce and seasonings. Turn the heat to low and allow it to simmer for 5 minutes.
- In a separate bowl, mix together the ingredients for your cheese mixture and set aside. In a 9 x 13 baking dish, layer the bottom with zucchini noodles.
- Spread the cheese mixture over the zucchini and add a layer of meat sauce. Repeat these steps to create the layers for your zucchini lasagna. Top with mozzarella cheese and cover the baking dish with foil.
- Bake the zucchini lasagna in the oven for 30 minutes.

- Remove the foil and then cook an additional 10 minutes.
- Remove from the oven and allow to cool for 5 minutes before serving.

Nutrition Facts

PROTEIN 39.6% **FAT 43.82%** **CARBS 16.58%**

Properties

Glycemic Index:84.35, Glycemic Load:5.29, Inflammation Score:-10, Nutrition Score:41.896956521739%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Taste

Sweetness: 29.23%, Saltiness: 100%, Sourness: 27.1%, Bitterness: 23.97%, Savoriness: 51.02%, Fattiness: 48.55%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 527.89kcal (26.39%), Fat: 26.43g (40.66%), Saturated Fat: 14.85g (92.78%), Carbohydrates: 22.51g (7.5%), Net Carbohydrates: 17.01g (6.18%), Sugar: 14.07g (15.64%), Cholesterol: 146.14mg (48.71%), Sodium: 1187.79mg (51.64%), Protein: 53.74g (107.47%), Vitamin C: 104.74mg (126.96%), Vitamin B6: 1.65mg (82.66%), Phosphorus: 735.57mg (73.56%), Vitamin B3: 13.9mg (69.52%), Selenium: 47.29µg (67.56%), Vitamin A: 3347.23IU (66.94%), Vitamin K: 66.48µg (63.31%), Calcium: 553.68mg (55.37%), Vitamin B2: 0.76mg (44.93%), Potassium: 1543.01mg (44.09%), Zinc: 5.75mg (38.32%), Vitamin B12: 2.16µg (36.03%), Manganese: 0.66mg (33.1%), Magnesium: 121.98mg (30.5%), Folate: 112.73µg (28.18%), Vitamin B5: 2.26mg (22.61%), Iron: 3.97mg (22.07%), Fiber: 5.5g (22.01%), Vitamin E: 3.12mg (20.77%), Copper: 0.38mg (19.15%), Vitamin B1: 0.26mg (17.33%), Vitamin D: 0.84µg (5.62%)