



Vegetable Lasagna

 Vegetarian

READY IN



75 min.

SERVINGS



4

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon basil chopped
- 1 tablespoon basil chopped
- 2 tablespoons butter
- 2 rib celery stalks sliced
- 0.8 cup cheddar cheese grated (I used more)
- 0.5 teaspoon chili powder
- 1 teaspoon dijon mustard
- 1 eggs beaten

- 1 eggplant sliced
- 1 tablespoon flour
- 2 tablespoons basil fresh chopped
- 2 tablespoons basil fresh chopped
- 2 garlic clove crushed
- 1 bell pepper diced green
- 0.5 teaspoon ground cumin
- 8 lasagne pasta sheets (the no cook kind)
- 1.3 cups milk
- 8 ounces mushrooms mixed sliced
- 3 tablespoons olive oil
- 1.3 cups tomatoes (seived tomatoes)
- 1 bell pepper diced red
- 1 onion red halved sliced
- 4 servings salt and pepper
- 2 tomatoes chopped
- 0.7 cup vegetable stock
- 1 bell pepper diced yellow
- 1 zucchini diced

Equipment

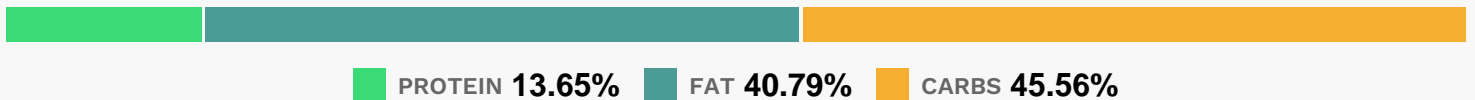
- frying pan
- oven
- baking pan
- colander

Directions

- Place the eggplant slices in a colander, sprinkle with salt and leave for 20 minutes while you are preparing the other vegetables. Rinse under cold water, drain and reserve.

- Heat the oil in a pan and saute the garlic and onion for 1 to 2 minutes.
- Add the peppers, mushrooms, celery and zucchini and cook for 3 to 4 minutes, stirring. Stir in the spices and cook for 1 minute.
- Mix together the tomatoes, passata, basil and season well. For the sauce, melt the butter in a pan, add the flour and cook for 1 minute.
- Remove from the heat and stir in the stock and milk. Return to the heat and add half the cheese and mustard. Boil, stirring until thickened. Stir in the basil and season to taste.
- Remove from the heat.
- Add a bit of the hot mixture to the beaten egg to temper it, then stir the whole mixture back into the cheese sauce, Set aside. Coat the bottom of a square baking dish with some of the tomato sauce and place half of the lasagna sheets in the dish. cover with half the vegetables, then half the tomato sauce, and finally half the eggplant. Repeat again, spooning the cheese sauce on top of everything.
- Sprinkle with the remaining cheddar cheese. Cook in a preheated oven 180°C/350°F for 40 minutes until browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:219.5, Glycemic Load:23.83, Inflammation Score:-10, Nutrition Score:35.678695761639%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg, Luteolin: 1.91mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 621.84kcal (31.09%), Fat: 28.98g (44.59%), Saturated Fat: 11.22g (70.11%), Carbohydrates: 72.85g (24.28%), Net Carbohydrates: 62.22g (22.62%), Sugar: 18.36g (20.4%), Cholesterol: 86.31mg (28.77%), Sodium: 621.93mg (27.04%), Alcohol: 0g (100%), Protein: 21.82g (43.64%), Vitamin C: 146.19mg (177.21%), Selenium: 51.56µg (73.66%), Manganese: 1.36mg (68.11%), Vitamin A: 3044.35IU (60.89%), Phosphorus: 477.9mg (47.79%), Vitamin B6: 0.86mg (42.92%), Fiber: 10.64g (42.56%), Potassium: 1345.95mg (38.46%), Vitamin K: 39.23µg (37.36%), Vitamin B2:

0.58mg (34.32%), Calcium: 320.9mg (32.09%), Folate: 116.4µg (29.1%), Vitamin B3: 5.8mg (29.02%), Magnesium: 111.95mg (27.99%), Copper: 0.53mg (26.71%), Vitamin E: 3.77mg (25.15%), Vitamin B5: 2.4mg (23.99%), Zinc: 3.44mg (22.92%), Vitamin B1: 0.3mg (19.85%), Iron: 2.85mg (15.86%), Vitamin B12: 0.75µg (12.44%), Vitamin D: 1.41µg (9.42%)