



Five-veg lasagne

 Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tbsp olive oil
- ☐ 1 aubergine cut into small chunks
- ☐ 150 g mushroom chopped
- ☐ 4 roasted peppers red chopped
- ☐ 700 g passata with onions and garlic
- ☐ 8 lasagne sheets
- ☐ 400 g pkt spinach frozen
- ☐ 250 g ricotta

- ☐ 25 g parmesan grated (or vegetarian alternative)
- ☐ 25 g pine nut

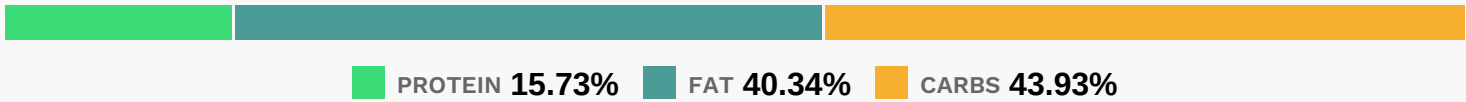
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Heat 2 tbsp olive oil in a large, non-stick frying pan. Fry the aubergine for 5 mins until softened, then tip into a bowl. Fry the mushrooms in the remaining oil for a few mins until golden, then mix with the aubergine and peppers. Spoon half of the veg into a 20 x 30cm baking dish. Spoon over half the passata, then arrange a layer of lasagne sheets on top.
- ☐ Spread the rest of the veg over the pasta, cover with passata and another layer of pasta.
- ☐ Drain any excess liquid from the spinach and mix together with the ricotta and half the Parmesan. Spoon over the top of the pasta, then sprinkle with the remaining Parmesan and pine nuts. Cover with foil, bake for 20 mins, uncover, then bake for another 10 mins until browned.
- ☐ Serve with a crisp green salad.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:18.64, Inflammation Score:-10, Nutrition Score:46.792173717333%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 7.26mg,

Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

Nutrients (% of daily need)

Calories: 645.87kcal (32.29%), Fat: 30.23g (46.51%), Saturated Fat: 8.77g (54.81%), Carbohydrates: 74.06g (24.69%), Net Carbohydrates: 61.56g (22.38%), Sugar: 15.83g (17.58%), Cholesterol: 36.13mg (12.04%), Sodium: 790.09mg (34.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.52g (53.05%), Vitamin K: 394.6µg (375.81%), Vitamin A: 13165.99IU (263.32%), Manganese: 2.41mg (120.54%), Selenium: 57.07µg (81.53%), Vitamin E: 9.44mg (62.92%), Copper: 1.17mg (58.29%), Folate: 221.88µg (55.47%), Vitamin C: 44.61mg (54.07%), Potassium: 1783.43mg (50.96%), Fiber: 12.5g (50.01%), Magnesium: 193.72mg (48.43%), Phosphorus: 470.03mg (47%), Vitamin B2: 0.76mg (44.63%), Calcium: 403.38mg (40.34%), Iron: 7.19mg (39.96%), Vitamin B6: 0.71mg (35.57%), Vitamin B3: 6.68mg (33.41%), Zinc: 3.72mg (24.83%), Vitamin B5: 2.18mg (21.84%), Vitamin B1: 0.31mg (20.38%), Vitamin B12: 0.3µg (5.04%), Vitamin D: 0.23µg (1.54%)