



French Style Lasagna

READY IN



75 min.

SERVINGS



8

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon olive oil
- 2 cups eggplant chopped
- 2 cups to 3 sized squashes yellow chopped
- 2 cups zucchini chopped
- 1 cup onion chopped
- 1 cup bell pepper red chopped
- 14.5 oz canned tomatoes diced organic undrained canned
- 1 cup tomato sauce organic (from 15-oz can)
- 1 teaspoon basil dried

- 1 teaspoon herbs de provence dried
- 1 teaspoon salt
- 1 lb lasagne pasta sheets uncooked
- 8 oz mozzarella fresh sliced
- 7 oz crème fraîche
- 4 oz mozzarella cheese shredded
- 0.3 cup parmesan shredded

Equipment

- frying pan
- oven
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. In 12-inch skillet, heat oil over medium heat.
- Add eggplant, squash, zucchini, onions and bell pepper; sauté until vegetables are tender. Stir in tomatoes, tomato sauce, basil, herbes de Provence and salt.
- Heat to boiling. Cook until thickened.
- Cook lasagna noodles as directed on package until almost al dente.
- Drain.
- Into 13x9-inch (3-quart) glass baking dish, spoon one-fourth of the vegetable mixture.
- Add layer of lasagna noodles; top with another one-fourth of vegetable mixture.
- Add sliced mozzarella, another layer of noodles and half of remaining vegetable mixture. Dollop crème fraîche over top.
- Add another layer of noodles and remaining vegetable mixture. Top with shredded mozzarella cheese and the Parmesan cheese. Cover dish with foil.
- Bake 30 minutes. Uncover; bake 15 minutes longer or until golden brown and bubbly.

Nutrition Facts



■ PROTEIN 17.85% ■ FAT 34.7% ■ CARBS 47.45%

Properties

Glycemic Index:42.75, Glycemic Load:20, Inflammation Score:-8, Nutrition Score:22.029130531394%

Flavonoids

Delphinidin: 17.57mg, Delphinidin: 17.57mg, Delphinidin: 17.57mg, Delphinidin: 17.57mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 466.95kcal (23.35%), Fat: 18.24g (28.07%), Saturated Fat: 9.11g (56.96%), Carbohydrates: 56.14g (18.71%), Net Carbohydrates: 50.83g (18.48%), Sugar: 9.93g (11.03%), Cholesterol: 50.35mg (16.78%), Sodium: 836.65mg (36.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.12g (42.23%), Selenium: 45.48µg (64.98%), Vitamin C: 43.28mg (52.46%), Manganese: 0.88mg (44.21%), Phosphorus: 361.62mg (36.16%), Calcium: 332.77mg (33.28%), Vitamin A: 1421.94IU (28.44%), Vitamin B6: 0.43mg (21.31%), Fiber: 5.31g (21.24%), Vitamin B2: 0.35mg (20.77%), Potassium: 708.9mg (20.25%), Magnesium: 75.94mg (18.99%), Copper: 0.37mg (18.28%), Zinc: 2.73mg (18.18%), Vitamin B12: 1.06µg (17.65%), Folate: 57.57µg (14.39%), Iron: 2.59mg (14.39%), Vitamin K: 14.27µg (13.59%), Vitamin E: 2.03mg (13.55%), Vitamin B3: 2.6mg (13%), Vitamin B1: 0.17mg (11.42%), Vitamin B5: 0.89mg (8.89%), Vitamin D: 0.19µg (1.24%)