



Fresh-Tomato Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 12 lasagna noodles cooked
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon marjoram dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 4.5 cups onion chopped (3)
- ☐ 2 teaspoons oregano dried

- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 8 ounces sharp provolone cheese shredded
- ☐ 15 ounce carton ricotta cheese fat-free
- ☐ 0.5 teaspoon salt
- ☐ 12.3 ounce spicy tofu firm drained reduced-fat
- ☐ 3.5 pounds tomatoes peeled seeded chopped
- ☐ 12 ounce tomato paste italian-style canned

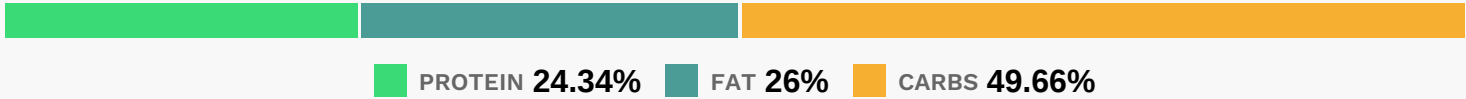
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ To prepare sauce, heat a Dutch oven over medium-high heat until hot.
- ☐ Add the onion and garlic; cover and cook 5 minutes, stirring occasionally.
- ☐ Add the tomato and next 7 ingredients (tomato through tomato paste). Bring to a boil; cover, reduce heat, and simmer 45 minutes, stirring occasionally.
- ☐ Preheat oven to 35
- ☐ To prepare filling, combine basil, ricotta, and tofu in a bowl; mash ricotta mixture with a potato masher.
- ☐ Spread 2 cups sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 noodles over sauce; top with 1 cup filling, 1/2 cup provolone cheese, 2 tablespoons Romano, and 1 1/2 cups sauce. Repeat layers twice, ending with noodles.
- ☐ Spread remaining sauce over noodles.
- ☐ Sprinkle with 1/2 cup provolone cheese and 2 tablespoons Romano.
- ☐ Bake at 350 for 45 minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:35.19, Glycemic Load:15.9, Inflammation Score:-9, Nutrition Score:25.545652062997%

Flavonoids

Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 19.3mg, Quercetin: 19.3mg, Quercetin: 19.3mg, Quercetin: 19.3mg

Nutrients (% of daily need)

Calories: 437.76kcal (21.89%), Fat: 12.69g (19.52%), Saturated Fat: 6.5g (40.63%), Carbohydrates: 54.53g (18.18%), Net Carbohydrates: 47.68g (17.34%), Sugar: 13.06g (14.51%), Cholesterol: 32.89mg (10.96%), Sodium: 871.51mg (37.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.73g (53.45%), Vitamin K: 137.62µg (131.07%), Calcium: 563.79mg (56.38%), Vitamin C: 39.28mg (47.62%), Selenium: 30.52µg (43.6%), Manganese: 0.72mg (35.9%), Phosphorus: 326.16mg (32.62%), Iron: 5.36mg (29.78%), Fiber: 6.85g (27.39%), Vitamin A: 1274.64IU (25.49%), Vitamin B6: 0.49mg (24.31%), Potassium: 769.11mg (21.97%), Copper: 0.37mg (18.49%), Magnesium: 72.7mg (18.17%), Vitamin B2: 0.3mg (17.66%), Folate: 61.15µg (15.29%), Zinc: 2.23mg (14.85%), Vitamin E: 2.19mg (14.63%), Vitamin B1: 0.2mg (13.21%), Vitamin B3: 2.6mg (12.97%), Vitamin B12: 0.5µg (8.32%), Vitamin B5: 0.77mg (7.72%), Vitamin D: 0.18µg (1.18%)