



Fresh Vegetable Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs
- ☐ 1.5 cups whole-milk ricotta cheese fat-free
- ☐ 8 oz mushrooms fresh sliced
- ☐ 2 garlic clove minced
- ☐ 5 cups tomatoes
- ☐ 8 oz no boil lasagna noodles
- ☐ 0.5 cup parmesan cheese divided freshly grated
- ☐ 8 oz part-skim mozzarella cheese shredded divided
- ☐ 1 medium size bell pepper red chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 medium size bell pepper yellow chopped
- ☐ 1 onion yellow chopped
- ☐ 1.5 lb zucchini halved lengthwise thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Bake zucchini, mushrooms, and garlic in a jelly-roll pan coated with cooking spray 12 to 14 minutes or until vegetables are crisp-tender, stirring halfway through. Repeat procedure with bell peppers and onion. Reduce oven temperature to 35
- ☐ Toss together vegetables and salt in a bowl.
- ☐ Stir together ricotta, egg, 1 1/2 cups shredded mozzarella cheese, and 1/4 cup grated Parmesan cheese.
- ☐ Spread 1 cup Basic Marinara Sauce in a 13- x 9-inch baking dish coated with cooking spray. Top with 3 noodles, 1 cup sauce, one-third of ricotta mixture, and one-third of vegetable mixture; repeat layers twice, beginning with 3 noodles. Top with remaining noodles and 1 cup sauce.
- ☐ Sprinkle with remaining 1/2 cup shredded mozzarella and 1/4 cup grated Parmesan.
- ☐ Bake, covered, at 350 for 45 minutes. Uncover and bake 10 to 15 more minutes or until cheese is melted and golden.
- ☐ Let stand 10 minutes.
- ☐ Note: We tested with Ronzoni Oven Ready Lasagna.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:3.64, Inflammation Score:-8, Nutrition Score:20.415217264839%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 317.35kcal (15.87%), Fat: 8.29g (12.75%), Saturated Fat: 4.2g (26.25%), Carbohydrates: 41.63g (13.88%), Net Carbohydrates: 36.49g (13.27%), Sugar: 11.69g (12.98%), Cholesterol: 66.87mg (22.29%), Sodium: 1223.11mg (53.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.97%), Vitamin C: 74.12mg (89.85%), Calcium: 397.43mg (39.74%), Vitamin A: 1553.13IU (31.06%), Phosphorus: 293.87mg (29.39%), Potassium: 965.22mg (27.58%), Vitamin B2: 0.45mg (26.49%), Vitamin B6: 0.45mg (22.39%), Fiber: 5.14g (20.55%), Manganese: 0.4mg (20.12%), Vitamin E: 2.69mg (17.9%), Copper: 0.35mg (17.58%), Selenium: 12.15µg (17.36%), Vitamin B3: 3.26mg (16.31%), Folate: 58.22µg (14.56%), Magnesium: 55.42mg (13.86%), Zinc: 1.99mg (13.23%), Vitamin B5: 1.3mg (13.03%), Iron: 2.3mg (12.79%), Vitamin K: 9.32µg (8.88%), Vitamin B1: 0.13mg (8.49%), Vitamin B12: 0.38µg (6.4%), Vitamin D: 0.3µg (1.99%)