



Garden Full of Goodness Lasagna

 Vegetarian

READY IN



95 min.

SERVINGS



8

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce tomato sauce canned
- 14 ounce canned tomatoes crushed canned
- 1 cup carrots thinly sliced
- 0.8 cups curd cottage cheese
- 8 ounce cream cheese softened
- 1 large eggs lightly beaten
- 0.3 cup basil fresh sliced
- 1 cup mushrooms fresh thinly sliced

- 2 cloves garlic minced
- 0.5 bell pepper diced green
- 0.5 teaspoon ground pepper black
- 1 medium onion diced
- 12 slices provolone cheese thinly sliced
- 8 oven-ready
- 0.5 bell pepper diced red
- 1 teaspoon salt
- 2 cups mozzarella cheese shredded
- 6 ounce tomato paste canned
- 2 cups baby squash yellow thinly sliced
- 2 cups zucchini thinly sliced

Equipment

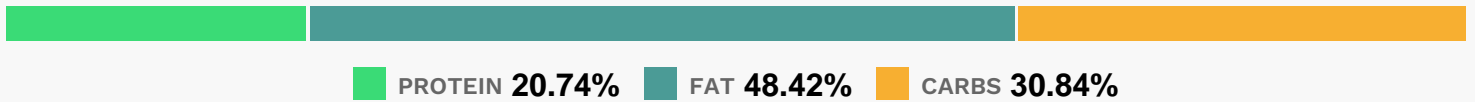
- bowl
- sauce pan
- oven
- baking pan

Directions

- Combine zucchini, squash, carrot, mushrooms, onion and peppers with water to cover. Bring to a boil over medium-high heat; reduce heat, and simmer 10 minutes or until vegetables are tender.
- Drain well, and reserve.
- Preheat oven to 350 degrees F.
- Combine crushed tomatoes, tomato sauce, tomato paste, basil, garlic, salt, and pepper in a medium saucepan. Bring to a boil, reduce heat, and simmer 20 minutes.
- In a medium bowl, combine cream cheese, cottage cheese, and eggs. Stir together.
- Spread 1/3 of the sauce evenly over bottom of a 13 by 9 by 2-inch baking dish.

- Place 4 uncooked lasagna noodles on top of sauce. Do not overlap noodles.
- Spread 1/2 of cream cheese mixture over noodles. Cover cheese mixture with 1/2 the vegetable mixture, more sauce, and top evenly with 6 slices provolone cheese and 1 1/2 cups mozzarella cheese. Repeat layers with 4 noodles, rest of the cream cheese mixture, vegetables, sauce, and remaining cheeses.
- Place in oven for 35 minutes or until lasagna is hot and bubbling
- Let lasagna stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:74.73, Glycemic Load:12.67, Inflammation Score:-10, Nutrition Score:24.819565192513%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 475.84kcal (23.79%), Fat: 26.09g (40.14%), Saturated Fat: 15.03g (93.92%), Carbohydrates: 37.39g (12.46%), Net Carbohydrates: 32.96g (11.98%), Sugar: 10.45g (11.62%), Cholesterol: 97.27mg (32.42%), Sodium: 1083.62mg (47.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.15g (50.3%), Vitamin A: 4251.79IU (85.04%), Selenium: 35.04µg (50.05%), Calcium: 462.07mg (46.21%), Vitamin C: 36.94mg (44.77%), Phosphorus: 447.74mg (44.77%), Manganese: 0.64mg (31.96%), Vitamin B2: 0.51mg (30.1%), Vitamin B6: 0.45mg (22.68%), Potassium: 783mg (22.37%), Vitamin B12: 1.27µg (21.14%), Zinc: 3.04mg (20.3%), Copper: 0.36mg (18.21%), Fiber: 4.43g (17.73%), Magnesium: 69.13mg (17.28%), Folate: 57.69µg (14.42%), Vitamin K: 15.06µg (14.34%), Vitamin E: 2.1mg (14.02%), Vitamin B3: 2.75mg (13.77%), Iron: 2.44mg (13.57%), Vitamin B5: 1.34mg (13.42%), Vitamin B1: 0.18mg (11.87%), Vitamin D: 0.42µg (2.83%)