



Garden Vegetable Lasagna

 Vegetarian

READY IN



100 min.

SERVINGS



8

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 lasagne pasta sheets uncooked
- ☐ 1 tablespoon vegetable oil
- ☐ 1 garlic clove minced
- ☐ 3 cups broccoli frozen
- ☐ 4 oz mushrooms fresh sliced
- ☐ 1 cup and orange peppers red yellow coarsely chopped
- ☐ 1 eggs
- ☐ 15 oz ricotta cheese

- ☐ 1 teaspoon seasoning dried italian
- ☐ 26 oz tomato sauce
- ☐ 2 cups pizza cheese shredded italian

Equipment

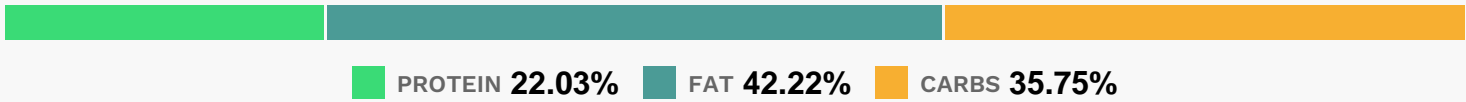
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Cook lasagna noodles as directed on package.
- ☐ Drain; place in cold water to cool.
- ☐ Meanwhile, heat oven to 350°F.
- ☐ Heat oil in large skillet over medium-high heat until hot.
- ☐ Add garlic, broccoli, mushrooms and bell pepper; cook 3 to 4 minutes or until vegetables are crisp-tender, stirring frequently.
- ☐ Remove from heat. If necessary, cut broccoli into smaller pieces.
- ☐ Beat egg in small bowl with wire whisk.
- ☐ Add ricotta cheese and Italian seasoning; mix well.
- ☐ Drain cooled lasagna noodles.
- ☐ Spread 1/2 cup of the pasta sauce in ungreased 13x9-inch (3-quart) glass baking dish. Top with 4 noodles, overlapping as necessary, half of ricotta mixture, half of cooked vegetables, half of remaining pasta sauce (about 2 1/4 cups) and 1 cup of the shredded cheese. Repeat layers, starting with noodles.
- ☐ Bake at 350°F. for 45 to 50 minutes or until hot and bubbly. If cheese is getting too brown, cover baking dish loosely with foil.

Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:11.22, Inflammation Score:-8, Nutrition Score:18.558260953945%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 351.66kcal (17.58%), Fat: 17.06g (26.25%), Saturated Fat: 6.14g (38.35%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 28.73g (10.45%), Sugar: 5.83g (6.48%), Cholesterol: 53.17mg (17.72%), Sodium: 556.53mg (24.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.03g (40.07%), Vitamin C: 60.15mg (72.9%), Selenium: 29.87µg (42.67%), Vitamin K: 42.47µg (40.45%), Vitamin A: 1458.21IU (29.16%), Manganese: 0.48mg (23.78%), Phosphorus: 212.43mg (21.24%), Calcium: 209.8mg (20.98%), Vitamin B2: 0.32mg (18.74%), Potassium: 592.8mg (16.94%), Fiber: 3.78g (15.13%), Vitamin B6: 0.3mg (14.81%), Vitamin E: 2.21mg (14.75%), Folate: 54.67µg (13.67%), Copper: 0.27mg (13.46%), Vitamin B3: 2.37mg (11.84%), Magnesium: 46.38mg (11.59%), Iron: 2.04mg (11.32%), Vitamin B5: 1.07mg (10.68%), Zinc: 1.55mg (10.34%), Vitamin B1: 0.1mg (6.84%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.24µg (1.63%)