



Grilled Lasagna

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounces baby spinach
- ☐ 0.3 cup herbs fresh chopped basil, mint and/or parsley
- ☐ 1 pound mozzarella cheese fresh halved thinly sliced
- ☐ 2 cloves garlic grated
- ☐ 4 servings kosher salt
- ☐ 0.3 cup ricotta cheese low-fat
- ☐ 1 tablespoon olive oil extra-virgin plus more for drizzling
- ☐ 12 no-boil lasagna noodles

- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 pinch pepper flakes red
- ☐ 3 large tomatoes grated thinly sliced 2 , 1

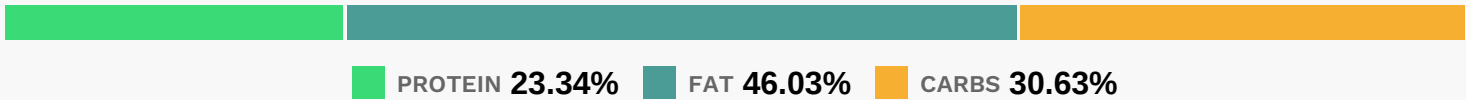
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat a grill to medium.
- ☐ Combine the mozzarella, parmesan, red pepper flakes, 1/2 teaspoon salt, and all but 1/4 teaspoon garlic in a bowl; drizzle with olive oil and toss. Season the sliced tomatoes with salt.
- ☐ Lay out 4 double-layer sheets of nonstick foil.
- ☐ Drizzle each with olive oil, top with 1 noodle and sprinkle each noodle with 1 tablespoon water. Divide half each of the spinach, sliced tomatoes and mozzarella mixture among the noodles. Repeat to make another layer of noodles, water, spinach, tomatoes and mozzarella mixture. Finish each stack with a noodle, 1 tablespoon water and a drizzle of olive oil. Bring the foil together and crimp tightly closed to make 4 flat packets. Grill the packets, covered, until tender, about 10 minutes per side.
- ☐ Let rest 5 minutes. Meanwhile, mix the grated tomatoes, a pinch of salt, the reserved 1/4 teaspoon garlic and 1 tablespoon olive oil in a bowl. Open the packets and cut the lasagna in half, if desired. Top with the tomato mixture, ricotta and herbs.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:2.42, Inflammation Score:-10, Nutrition Score:31.084782683331%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 681.96kcal (34.1%), Fat: 35.41g (54.47%), Saturated Fat: 18.42g (115.14%), Carbohydrates: 53.02g (17.67%), Net Carbohydrates: 48.47g (17.62%), Sugar: 6.01g (6.67%), Cholesterol: 130.97mg (43.66%), Sodium: 1187.73mg (51.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.41g (80.81%), Vitamin K: 269.07µg (256.26%), Vitamin A: 5842.77IU (116.86%), Calcium: 797.96mg (79.8%), Phosphorus: 573.89mg (57.39%), Vitamin B12: 2.81µg (46.9%), Vitamin C: 35.78mg (43.37%), Selenium: 27.68µg (39.55%), Zinc: 4.62mg (30.81%), Vitamin B2: 0.5mg (29.53%), Manganese: 0.55mg (27.71%), Folate: 108.25µg (27.06%), Potassium: 820.71mg (23.45%), Magnesium: 76.08mg (19.02%), Fiber: 4.55g (18.2%), Vitamin E: 2.3mg (15.35%), Iron: 2.34mg (12.98%), Vitamin B6: 0.26mg (12.91%), Vitamin B1: 0.13mg (8.48%), Copper: 0.16mg (8.17%), Vitamin B3: 1.29mg (6.45%), Vitamin B5: 0.42mg (4.24%), Vitamin D: 0.54µg (3.58%)