



Healthified Kale and Portobello Lasagna

 Vegetarian

READY IN



110 min.

SERVINGS



8

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes whole canned
- 2 large egg whites
- 2 tablespoons parsley fresh coarsely chopped
- 2 cloves garlic thinly sliced
- 0.3 teaspoon granulated sugar
- 1 small bunch kale coarsely chopped
- 8 servings kosher salt and pepper black freshly ground
- 1 tablespoon olive oil

- 0.5 teaspoon oregano dried
- 9 sheets no-boil lasagna noodles such as barilla
- 1.5 cups part-skim mozzarella cheese grated
- 15 ounce part-skim ricotta cheese
- 4 portabello mushrooms sliced
- 0.3 teaspoon pepper flakes red crushed
- 1 cup roasted peppers red jarred drained coarsely chopped

Equipment

- food processor
- bowl
- frying pan
- oven
- blender
- baking pan
- aluminum foil

Directions

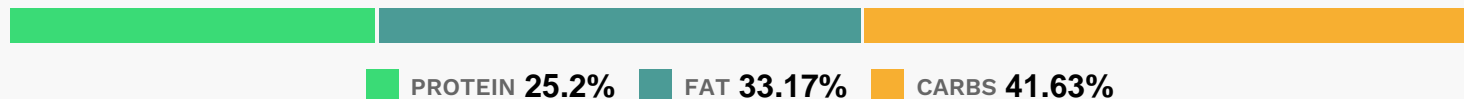
- Preheat the oven to 350 degrees F. Puree the peppers, oregano, tomatoes, 1/4 teaspoon salt, 1/4 teaspoon pepper and the sugar in a food processor or blender until smooth and set aside.
- Mix 1 cup of the mozzarella cheese with the egg whites and ricotta cheese in a medium bowl.
- Heat the oil in a large nonstick skillet set over medium-high heat.
- Add the sliced mushrooms and cook, stirring, until they have released their liquid and are tender, about 10 minutes. Stir in the kale, in batches, and as it wilts add the pepper flakes, garlic and 1/4 teaspoon salt and continue to cook until the kale is wilted and bright green, an additional 5 minutes.
- Mist a 9-by-13-inch baking dish with nonstick cooking spray.
- Spread 3/4 cup of the sauce in the bottom of the dish. Top with 3 noodles, 1/2 of the ricotta mixture and 1/2 of the mushroom mixture. Repeat layers with sauce, noodles and remaining ricotta and mushrooms. Top with remaining noodles and sauce. Cover with aluminum foil and

bake until the noodles are tender and the sauce is bubbling around the edges of the pan, about 50 minutes.

Uncover, sprinkle with the remaining 1/2 cup grated mozzarella and continue to bake until melted, about 5 minutes.

Let stand 15 minutes, sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:29.89, Glycemic Load:2.23, Inflammation Score:-9, Nutrition Score:21.13869535923%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg, Isorhamnetin: 3.84mg Kaempferol: 7.62mg, Kaempferol: 7.62mg, Kaempferol: 7.62mg, Kaempferol: 7.62mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 271.32kcal (13.57%), Fat: 10.42g (16.04%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 25.26g (9.19%), Sugar: 6.52g (7.24%), Cholesterol: 38.96mg (12.99%), Sodium: 594.87mg (25.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.81g (35.63%), Vitamin K: 87.82µg (83.63%), Vitamin A: 2338.34IU (46.77%), Vitamin C: 34.01mg (41.23%), Calcium: 398.23mg (39.82%), Selenium: 22.29µg (31.84%), Phosphorus: 287.55mg (28.75%), Vitamin B2: 0.37mg (21.72%), Potassium: 684.74mg (19.56%), Manganese: 0.39mg (19.41%), Copper: 0.36mg (18.24%), Vitamin B3: 3.49mg (17.46%), Fiber: 4.18g (16.72%), Vitamin B6: 0.3mg (15.24%), Zinc: 1.91mg (12.71%), Iron: 2.26mg (12.54%), Folate: 48.54µg (12.13%), Vitamin E: 1.73mg (11.54%), Magnesium: 42.13mg (10.53%), Vitamin B5: 0.95mg (9.49%), Vitamin B1: 0.14mg (9.34%), Vitamin B12: 0.35µg (5.91%), Vitamin D: 0.24µg (1.61%)