



Hearty Vegetable Lasagna

 Popular

READY IN



100 min.

SERVINGS



12

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon basil dried
- 2 eggs
- 1 pound mushrooms fresh sliced
- 3 cloves garlic minced
- 0.8 cup bell pepper green chopped
- 16 ounce lasagna noodles
- 0.8 cup onion chopped
- 0.5 cup parmesan cheese grated

- 15 ounce part-skim ricotta cheese
- 52 ounce pasta sauce
- 4 cups mozzarella cheese shredded
- 2 tablespoons vegetable oil

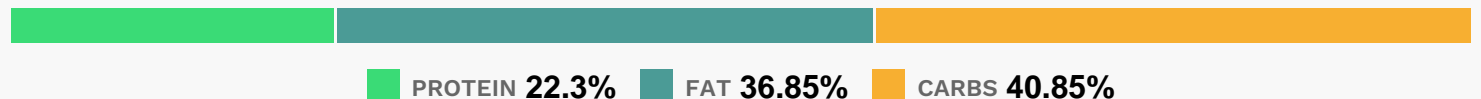
Equipment

- sauce pan
- oven
- pot
- baking pan

Directions

- Cook the lasagna noodles in a large pot of boiling water for 10 minutes, or until al dente. Rinse with cold water, and drain.
- In a large saucepan, cook and stir mushrooms, green peppers, onion, and garlic in oil. Stir in pasta sauce and basil; bring to a boil. Reduce heat, and simmer 15 minutes.
- Mix together ricotta, 2 cups mozzarella cheese, and eggs.
- Preheat oven to 350 degrees F (175 degrees C).
- Spread 1 cup tomato sauce into the bottom of a greased 9x13 inch baking dish.
- Layer 1/2 each, lasagna noodles, ricotta mix, sauce, and Parmesan cheese. Repeat layering, and top with remaining 2 cups mozzarella cheese.
- Bake, uncovered, for 40 minutes.
- Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:14.25, Inflammation Score:-7, Nutrition Score:19.532608550528%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 394.18kcal (19.71%), Fat: 16.38g (25.2%), Saturated Fat: 8.06g (50.39%), Carbohydrates: 40.84g (13.61%), Net Carbohydrates: 37.04g (13.47%), Sugar: 7.31g (8.12%), Cholesterol: 71.38mg (23.79%), Sodium: 949.03mg (41.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.3g (44.6%), Selenium: 44.27µg (63.25%), Phosphorus: 381.2mg (38.12%), Calcium: 358.59mg (35.86%), Vitamin B2: 0.48mg (28.28%), Manganese: 0.56mg (28.06%), Vitamin C: 17.86mg (21.64%), Vitamin A: 1031.37IU (20.63%), Copper: 0.41mg (20.39%), Potassium: 695.91mg (19.88%), Zinc: 2.88mg (19.22%), Vitamin B12: 1.09µg (18.18%), Vitamin B3: 3.37mg (16.83%), Fiber: 3.81g (15.22%), Vitamin E: 2.24mg (14.93%), Magnesium: 59.69mg (14.92%), Vitamin B6: 0.29mg (14.67%), Vitamin B5: 1.4mg (13.99%), Iron: 2.47mg (13.71%), Vitamin K: 11.02µg (10.49%), Folate: 38.31µg (9.58%), Vitamin B1: 0.13mg (8.55%), Vitamin D: 0.43µg (2.85%)