



## How Sweet It Is Sweet Potato Lasagne

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 portabello mushrooms sliced
- 3 tablespoons curry powder dry
- 2 tablespoons basil dried
- 1 eggplant
- 10 ounces spinach frozen with excess water squeezed out chopped
- 0.5 cup half and half
- 12 ounces monterrey jack cheese
- 2 jalapeno finely chopped

- 3 cups tomatoes store bought (home made or a jar of 24 oz )
- 6 servings salt and pepper to taste
- 4 sweet potatoes and into
- 1 tablespoon vegetable oil

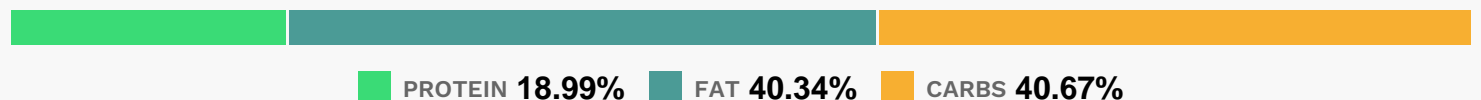
## Equipment

- frying pan
- oven

## Directions

- Slice the Sweet Potato into 1/4 inch thick slices. Boil until semi-cooked (about 10 min). Rub the slices with a dry curry powder & olive oil (1cup) mixture. Set aside and let marinate for at least 10 min.Slice Eggplants into 1/4 inch thick slices and rub all over with an olive oil (1 cup)/dried basil/salt & pepper mix. Set aside and let marinate for at least 15 min.
- Pour canola or vegetable cooking oil into a pan.
- Saute spinach and mushrooms for about 3-5 min, add in jalapenos and salt & pepper to taste.Turn the heat down and add in some heavy cream and about 1/2 of the mexican cheeses until mixture is creamy, but not watery.Start layering the lasagne in this order: Sweet Potatoes, Spinach/Mushroom
- Mix, Eggplants, Marinara Sauce, Sweet Potatoes, Spinach/Mushrom
- Mix, Eggplants, Then finally sprinkle the remaining Monterey Jack/Cheddar Cheese Blend on top.
- Bake at 350-375 for about 35-45 min, depending on how your oven works. You'll know it's ready when you can pass through a fork easily through all the layers.Devour with Passion

## Nutrition Facts



## Properties

Glycemic Index:32.83, Glycemic Load:17.92, Inflammation Score:-10, Nutrition Score:45.796086956522%

## Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Taste

Sweetness: 37.7%, Saltiness: 100%, Sourness: 22.88%, Bitterness: 34.61%, Savoriness: 69.67%, Fattiness: 64.16%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 500.87kcal (25.04%), Fat: 23.69g (36.44%), Saturated Fat: 12.92g (80.73%), Carbohydrates: 53.74g (17.91%), Net Carbohydrates: 39.9g (14.51%), Sugar: 19.27g (21.42%), Cholesterol: 57.52mg (19.17%), Sodium: 1264.13mg (54.96%), Protein: 25.09g (50.19%), Vitamin A: 28060.71IU (561.21%), Vitamin K: 217.15µg (206.81%), Manganese: 1.42mg (70.81%), Selenium: 45.39µg (64.84%), Calcium: 624.65mg (62.47%), Phosphorus: 613.04mg (61.3%), Potassium: 1986.89mg (56.77%), Fiber: 13.83g (55.32%), Vitamin B3: 10.64mg (53.21%), Copper: 1.05mg (52.67%), Vitamin B6: 0.96mg (47.79%), Vitamin B2: 0.81mg (47.76%), Folate: 180.77µg (45.19%), Vitamin B5: 3.96mg (39.61%), Iron: 6.2mg (34.45%), Magnesium: 137.3mg (34.32%), Vitamin E: 5.14mg (34.27%), Vitamin C: 22.54mg (27.32%), Zinc: 4mg (26.68%), Vitamin B1: 0.35mg (23.02%), Vitamin B12: 0.59µg (9.88%), Vitamin D: 0.84µg (5.63%)