



Italian Vegetable Pie

READY IN



45 min.

SERVINGS



8

CALORIES



228 kcal

Ingredients

- ☐ 6 lasagna noodles cooked cut in half crosswise
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon fennel seeds
- ☐ 3 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 25.5 ounce tomatoes fat-free
- ☐ 1 cup mushrooms chopped
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped

- ☐ 0.3 cup parmesan cheese grated
- ☐ 6 ounces part–skim mozzarella cheese shredded
- ☐ 12.3 ounce spicy tofu firm crumbled drained
- ☐ 3 tablespoons tomato paste

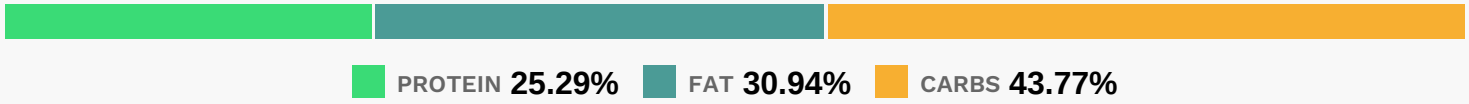
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Heat oil in a large nonstick skillet over medium–high heat.
- ☐ Add the bell pepper, chopped onion, mushrooms, tofu, and garlic; saut 3 minutes or until vegetables are tender. Stir in tomato paste, Italian seasoning, fennel seeds, crushed red pepper, and marinara sauce; bring to a boil. Reduce heat; simmer 10 minutes.
- ☐ Arrange the noodles spokelike in the bottom of an 8–inch round baking dish coated with cooking spray.
- ☐ Spread 3 cups tomato mixture over noodles. Fold ends of noodles over tomato mixture, and top with the remaining tomato mixture and cheeses.
- ☐ Bake at 375 for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:32.19, Glycemic Load:9.05, Inflammation Score:–6, Nutrition Score:12.373912953812%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.49mg,

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Nutrients (% of daily need)

Calories: 228.07kcal (11.4%), Fat: 8.05g (12.39%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 25.63g (8.54%), Net Carbohydrates: 21.84g (7.94%), Sugar: 6.13g (6.81%), Cholesterol: 16.33mg (5.44%), Sodium: 667.7mg (29.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.62%), Vitamin C: 24.76mg (30.01%), Calcium: 282.4mg (28.24%), Selenium: 18.3µg (26.14%), Phosphorus: 197.08mg (19.71%), Manganese: 0.37mg (18.37%), Fiber: 3.79g (15.15%), Iron: 2.55mg (14.14%), Vitamin A: 704.61IU (14.09%), Potassium: 485.71mg (13.88%), Vitamin E: 1.92mg (12.8%), Vitamin B2: 0.22mg (12.65%), Copper: 0.24mg (12.19%), Vitamin B6: 0.24mg (11.91%), Vitamin B3: 1.87mg (9.36%), Magnesium: 37.11mg (9.28%), Zinc: 1.34mg (8.94%), Vitamin K: 7.31µg (6.96%), Vitamin B5: 0.6mg (5.97%), Folate: 22.45µg (5.61%), Vitamin B1: 0.07mg (4.82%), Vitamin B12: 0.22µg (3.69%)