



Lasagna Casserole

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces lasagne pasta sheets mini uncooked (mafalda)
- ☐ 28 ounces pasta sauce
- ☐ 8 ounces mushroom stems and pieces drained canned
- ☐ 2.3 ounces olives ripe drained sliced canned
- ☐ 4 ounces mozzarella cheese shredded

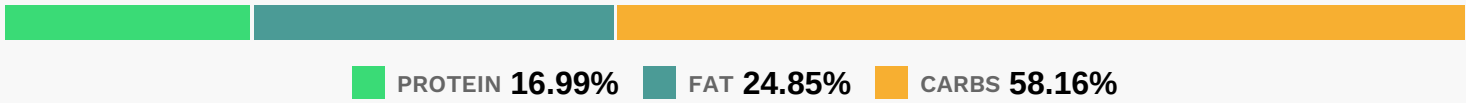
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 350°. Cook and drain pasta as directed on package.
- ☐ Mix pasta and remaining ingredients except cheese in ungreased 2 1/2-quart casserole.
- ☐ Cover and bake about 30 minutes or until hot and bubbly.
- ☐ Sprinkle with cheese.
- ☐ Bake uncovered about 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:13.73, Inflammation Score:-6, Nutrition Score:12.091739260632%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 265.27kcal (13.26%), Fat: 7.43g (11.43%), Saturated Fat: 3.01g (18.83%), Carbohydrates: 39.12g (13.04%), Net Carbohydrates: 35.27g (12.83%), Sugar: 6.58g (7.31%), Cholesterol: 16.44mg (5.48%), Sodium: 1038.82mg (45.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.85%), Selenium: 27.99µg (39.99%), Manganese: 0.49mg (24.69%), Potassium: 733.8mg (20.97%), Phosphorus: 174.49mg (17.45%), Vitamin E: 2.39mg (15.92%), Calcium: 158.05mg (15.8%), Fiber: 3.85g (15.39%), Vitamin A: 742.39IU (14.85%), Copper: 0.28mg (13.81%), Vitamin C: 9.26mg (11.23%), Magnesium: 44.83mg (11.21%), Iron: 1.9mg (10.54%), Vitamin B3: 2mg (9.99%), Vitamin B6: 0.19mg (9.68%), Vitamin B2: 0.16mg (9.58%), Zinc: 1.38mg (9.2%), Vitamin B12: 0.43µg (7.18%), Vitamin B5: 0.6mg (6.01%), Folate: 20.35µg (5.09%), Vitamin B1: 0.07mg (4.91%), Vitamin K: 4.33µg (4.12%)