



Lasagna Margherite

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper red crushed
- 0.3 cup basil fresh chopped
- 2 tablespoons basil fresh chopped
- 6 no-boil lasagna noodles
- 2 ounces preshredded parmesan cheese fresh
- 15 ounce carton part-skim ricotta cheese
- 0.3 teaspoon salt
- 26 ounce tomato-basil pasta sauce fat-free

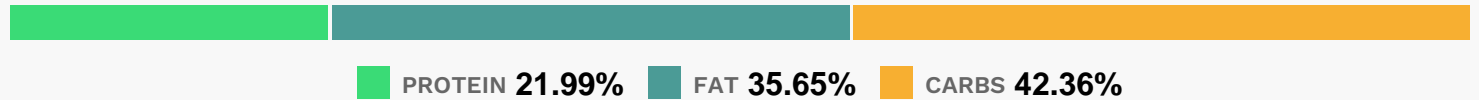
Equipment

- oven
- baking pan

Directions

- Preheat oven to 45
- Spread 1/2 cup pasta sauce in bottom of an 8-inch square baking dish coated with cooking spray.
- Combine ricotta, 1/3 cup basil, crushed red pepper, and salt. Arrange 2 noodles over sauce; top with 1 cup ricotta mixture and 3/4 cup sauce. Repeat layers, ending with noodles.
- Spread remaining sauce over noodles. Cover and bake at 450 for 25 minutes or until noodles are tender and sauce is bubbly. Uncover lasagna, and top with Parmesan and 2 tablespoons basil.
- Bake lasagna an additional 5 minutes.
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:0.15, Inflammation Score:-8, Nutrition Score:12.781739196052%

Nutrients (% of daily need)

Calories: 432.42kcal (21.62%), Fat: 17.01g (26.17%), Saturated Fat: 8.28g (51.74%), Carbohydrates: 45.48g (15.16%), Net Carbohydrates: 38.52g (14.01%), Sugar: 14.21g (15.79%), Cholesterol: 54.65mg (18.22%), Sodium: 1200.34mg (52.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.61g (47.22%), Calcium: 521.77mg (52.18%), Vitamin A: 1819.88IU (36.4%), Selenium: 20.98µg (29.97%), Phosphorus: 294.98mg (29.5%), Fiber: 6.95g (27.81%), Potassium: 812.01mg (23.2%), Vitamin B2: 0.25mg (14.54%), Vitamin K: 13.57µg (12.92%), Zinc: 1.84mg (12.3%), Vitamin C: 9.39mg (11.38%), Iron: 1.77mg (9.84%), Vitamin B12: 0.48µg (7.97%), Magnesium: 24.29mg (6.07%), Folate: 16.89µg (4.22%), Vitamin B5: 0.33mg (3.29%), Copper: 0.05mg (2.68%), Manganese: 0.05mg (2.52%), Vitamin B6: 0.04mg (2.07%), Vitamin B1: 0.03mg (1.95%), Vitamin E: 0.18mg (1.18%), Vitamin D: 0.18µg (1.18%)