



Lasagna Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup asiago cheese grated
- ☐ 2 cups pasta sauce prepared
- ☐ 1 cup mozzarella cheese shredded
- ☐ 16 ounce wonton wrappers

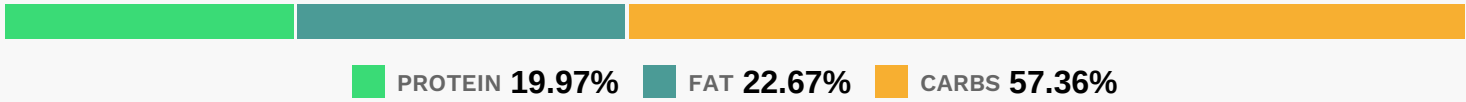
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Spray 12 muffin cups with cooking spray.
- ☐ Combine mozzarella cheese and Asiago cheese together in a bowl. Press a wonton wrapper into the bottom of each muffin cup. Spoon pasta sauce about halfway full in each muffin cup; sprinkle with 2 to 3 tablespoons cheese mixture. Press another wonton wrapper on top of cheese layer.
- ☐ Add another spoonful of sauce; sprinkle with cheese. Repeat to fill all the muffin cups.
- ☐ Bake in the preheated oven until sauce is bubbling and cheese is melted, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:8.54, Glycemic Load:2.89, Inflammation Score:-3, Nutrition Score:6.8760869438234%

Nutrients (% of daily need)

Calories: 201.6kcal (10.08%), Fat: 4.99g (7.67%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 27.37g (9.95%), Sugar: 0.27g (0.3%), Cholesterol: 16.44mg (5.48%), Sodium: 408.43mg (17.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.78%), Selenium: 19.29µg (27.56%), Calcium: 164.94mg (16.49%), Manganese: 0.31mg (15.43%), Vitamin B1: 0.21mg (13.74%), Phosphorus: 132.85mg (13.28%), Vitamin B2: 0.2mg (11.82%), Vitamin B3: 2.16mg (10.8%), Iron: 1.63mg (9.06%), Folate: 35.12µg (8.78%), Zinc: 0.87mg (5.8%), Vitamin B12: 0.32µg (5.34%), Magnesium: 16.62mg (4.15%), Fiber: 1.03g (4.13%), Copper: 0.08mg (3.94%), Vitamin A: 133.47IU (2.67%), Vitamin B6: 0.03mg (1.6%), Potassium: 54.37mg (1.55%)