



Lasagna Primavera

READY IN



45 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 cups broccoli florets
- ☐ 0.5 cup prepackaged carrot shredded
- ☐ 0.5 teaspoon basil dried
- ☐ 1 large egg white
- ☐ 24 ounce evaporated skim milk canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 tablespoons butter
- ☐ 6 no-boil lasagna noodles

- ☐ 2 ounces preshredded parmesan cheese fresh divided
- ☐ 4 ounces preshredded part-skim mozzarella divided
- ☐ 4 ounces part-skim ricotta cheese
- ☐ 7 ounce roasted bell peppers red drained chopped
- ☐ 0.5 teaspoon salt

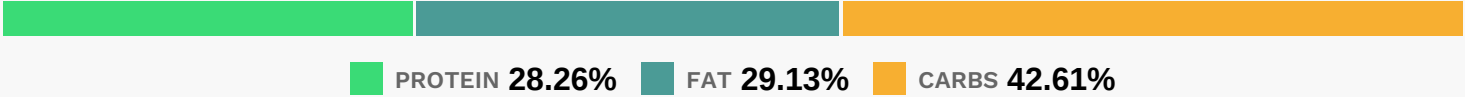
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Melt the margarine in a medium saucepan over medium heat.
- ☐ Add garlic, and saut 1 minute.
- ☐ Add flour and salt; cook 30 seconds, stirring with a whisk. Gradually add milk, stirring constantly with a whisk. Bring to a boil; reduce heat, and simmer 3 minutes or until slightly thick, stirring constantly.
- ☐ Remove from heat, and stir in the cream cheese until melted. Set aside.
- ☐ Combine ricotta, 1/4 cup mozzarella, basil, and egg white in a bowl.
- ☐ Combine broccoli, carrot, and bell peppers.
- ☐ Spread 1/4 cup sauce in bottom of an 8-inch square baking dish coated with cooking spray. Arrange 2 noodles over sauce. Spoon half of ricotta mixture over noodles; top with half of vegetables. Spoon 3/4 cup sauce over vegetables; top with 1/4 cup Parmesan. Top with 2 noodles, remaining ricotta mixture, remaining vegetables, 1/4 cup Parmesan, and 2 noodles, pressing firmly. Spoon remaining sauce over noodles, spreading to cover. Cover and bake at 450 for 25 minutes or until noodles are tender and sauce is bubbly. Uncover and sprinkle with 3/4 cup mozzarella; bake an additional 5 minutes.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:35.14, Glycemic Load:2.27, Inflammation Score:-9, Nutrition Score:20.276956724084%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 323.07kcal (16.15%), Fat: 10.59g (16.29%), Saturated Fat: 5.17g (32.34%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 32.6g (11.86%), Sugar: 14.67g (16.3%), Cholesterol: 36.95mg (12.32%), Sodium: 1128.75mg (49.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.11g (46.22%), Calcium: 676.59mg (67.66%), Vitamin A: 2952.9IU (59.06%), Vitamin C: 44.69mg (54.18%), Phosphorus: 445mg (44.5%), Vitamin B2: 0.57mg (33.25%), Vitamin K: 34.39µg (32.76%), Selenium: 13.78µg (19.68%), Potassium: 665.03mg (19%), Vitamin D: 2.39µg (15.94%), Zinc: 2.3mg (15.33%), Magnesium: 55.31mg (13.83%), Vitamin B5: 1.19mg (11.86%), Folate: 46.57µg (11.64%), Vitamin B6: 0.23mg (11.39%), Vitamin B12: 0.6µg (10.06%), Manganese: 0.18mg (9.23%), Fiber: 2.24g (8.97%), Vitamin B1: 0.12mg (8.06%), Iron: 1.26mg (7%), Copper: 0.1mg (5.21%), Vitamin B3: 0.9mg (4.51%), Vitamin E: 0.49mg (3.25%)