



HEALTH SCORE

51%

Lasagna Rustica



Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 lasagna noodles cooked
- ☐ 1 teaspoon pepper red crushed
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 2 teaspoons penzey's southwest seasoning dried italian
- ☐ 2.5 cups garlicky bean spread
- ☐ 6 ounces part-skim mozzarella cheese shredded divided
- ☐ 15 ounce carton part-skim ricotta cheese
- ☐ 27.5 ounce garden harvest pasta sauce light

☐ 1 pound spicy tofu light firm crumbled drained

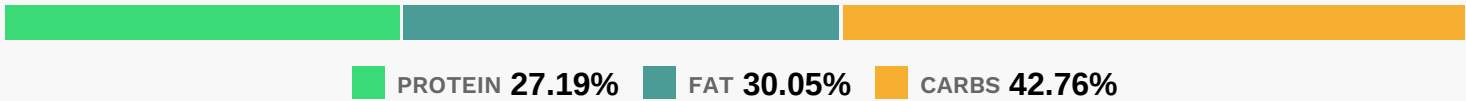
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Combine Garlicky Bean
- ☐ Spread, 1 cup mozzarella cheese, Italian seasoning, red pepper, tofu, spinach, and ricotta cheese in a large bowl. Stir well; set aside.
- ☐ Spread 1/2 cup pasta sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 noodles over pasta sauce; top with one-third of spinach mixture and about 1 cup pasta sauce. Repeat layers, ending with noodles, spinach mixture, and remaining sauce.
- ☐ Sprinkle with remaining 1/2 cup mozzarella cheese. Cover and bake at 375 for 50 minutes or until thoroughly heated. Uncover and bake an additional 10 minutes.
- ☐ Let lasagna stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:14.28, Glycemic Load:10.27, Inflammation Score:-10, Nutrition Score:22.990434830603%

Nutrients (% of daily need)

Calories: 295.8kcal (14.79%), Fat: 10.04g (15.45%), Saturated Fat: 4.67g (29.16%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 26.42g (9.61%), Sugar: 4.82g (5.36%), Cholesterol: 26.74mg (8.91%), Sodium: 617.77mg (26.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.89%), Vitamin K: 123.34µg (117.47%), Vitamin A: 4422.08IU (88.44%), Selenium: 29.18µg (41.69%), Calcium: 408.44mg (40.84%), Manganese: 0.56mg (28.09%), Phosphorus: 255.42mg (25.54%), Fiber: 5.73g (22.93%), Iron: 3.47mg (19.27%), Vitamin C: 15.1mg (18.31%), Folate: 70.96µg (17.74%), Vitamin B2: 0.3mg (17.56%), Vitamin E: 2.59mg (17.26%), Magnesium: 64.72mg (16.18%), Potassium: 531.7mg (15.19%), Zinc: 1.91mg (12.71%), Copper: 0.25mg (12.41%), Vitamin B6: 0.22mg (10.78%), Vitamin

B3: 1.43mg (7.17%), Vitamin B1: 0.08mg (5.62%), Vitamin B5: 0.55mg (5.49%), Vitamin B12: 0.29µg (4.87%)