



WHATSheATE



HEALTH SCORE

54%

Lasagna with Grape Tomatoes and Broccoli Rabe



Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound broccoli rabe trimmed
- ☐ 8 ounce broccolini trimmed
- ☐ 9 lasagna noodles cooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cup basil fresh divided chopped
- ☐ 10 garlic cloves divided thinly sliced

- ☐ 4 cups grape tomatoes
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 cup lower-sodium marinara sauce (such as Dell'Amore)
- ☐ 2.5 tablespoons olive oil extra-virgin divided
- ☐ 1.5 cups onion divided chopped
- ☐ 0.8 cup part-skim mozzarella cheese shredded
- ☐ 15 ounce carton part-skim ricotta cheese

Equipment

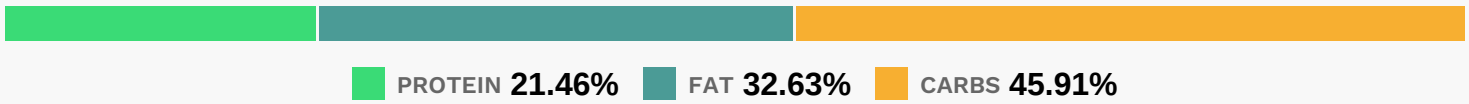
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add broccoli rabe and Broccolini, and cook 2 minutes.
- ☐ Drain and rinse vegetables under cold water; drain. Coarsely chop.
- ☐ Preheat the oven to 35
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon oil; swirl to coat.
- ☐ Add 3/4 cup onion and 5 garlic cloves; cook 2 minutes, stirring occasionally.
- ☐ Add wine; cook 1 minute.
- ☐ Add grape tomatoes and 1/4 teaspoon salt; cook 12 minutes or until skins split and tomatoes start to release their juices, stirring frequently.
- ☐ Place tomato mixture in a bowl.

- ☐ Wipe pan dry with paper towels. Return pan to medium-high heat.
- ☐ Add remaining 1 1/2 tablespoons oil; swirl to coat.
- ☐ Add remaining 3/4 cup onion, remaining 5 garlic cloves, and red pepper; saut 4 minutes. Stir in broccoli rabe mixture and 1/4 teaspoon salt; cook 3 minutes.
- ☐ Remove from heat.
- ☐ Combine 1/4 cup basil, ricotta, and remaining 1/4 teaspoon salt in a bowl.
- ☐ Spread 1/2 cup marinara sauce in the bottom of a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Arrange 3 lasagna noodles over sauce.
- ☐ Spread half of ricotta mixture over noodles. Top with half of broccoli rabe mixture; spoon half of tomato mixture over broccoli rabe mixture. Repeat layers with remaining noodles, ricotta mixture, broccoli rabe mixture, and tomato mixture, ending with noodles. Top with remaining 1/2 cup marinara, and sprinkle with mozzarella. Cover with aluminum foil coated with cooking spray.
- ☐ Bake at 350 for 30 minutes. Uncover and bake for an additional 15 minutes or until top is lightly browned.
- ☐ Remove lasagna from oven, and sprinkle with remaining 1/4 cup chopped basil.
- ☐ Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:38.19, Glycemic Load:11.84, Inflammation Score:-10, Nutrition Score:24.282174113004%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg

Nutrients (% of daily need)

Calories: 314.52kcal (15.73%), Fat: 11.46g (17.64%), Saturated Fat: 4.5g (28.14%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 31.24g (11.36%), Sugar: 5.98g (6.65%), Cholesterol: 23.2mg (7.73%), Sodium: 529.45mg (23.02%), Alcohol: 0.77g (100%), Alcohol %: 0.27% (100%), Protein: 16.97g (33.93%), Vitamin K: 143.43µg (136.6%), Vitamin C: 53.48mg (64.82%), Vitamin A: 3093.34IU (61.87%), Selenium: 29.67µg (42.38%), Manganese: 0.69mg (34.72%), Calcium: 341.8mg (34.18%), Phosphorus: 269.39mg (26.94%), Fiber: 5.07g (20.27%), Folate: 80.5µg (20.12%), Iron: 3.3mg (18.35%), Vitamin E: 2.53mg (16.86%), Vitamin B6: 0.33mg (16.38%), Potassium: 553.51mg (15.81%), Vitamin B2: 0.27mg (15.64%), Zinc: 2.1mg (13.97%), Magnesium: 53.55mg (13.39%), Vitamin B1: 0.18mg (11.71%), Copper: 0.22mg (11.05%), Vitamin B3: 1.85mg (9.25%), Vitamin B5: 0.62mg (6.22%), Vitamin B12: 0.24µg (4%)