



 **100%**
HEALTH SCORE

Layered Vegetable Lasagna

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce carton cottage cheese 1% low-fat
- 2 teaspoons basil dried
- 0.3 cup cooking wine dry red
- 0.3 cup egg substitute
- 0.3 cup parsley fresh minced
- 2 garlic cloves minced
- 1 cup mushrooms sliced
- 29 ounce no-salt-added tomatoes whole drained chopped canned

- 2 teaspoons olive oil
- 0.8 cup onion minced
- 1.5 teaspoons oregano dried
- 1 ounce parmesan cheese fresh grated
- 6 ounces part-skim mozzarella cheese shredded finely
- 0.5 teaspoon pepper
- 0.3 teaspoon salt
- 10 ounce pkt spinach frozen dry thawed drained chopped
- 0.3 cup no-salt-added tomato paste
- 6 lasagna noodles whole wheat uncooked
- 5 cups zucchini thinly sliced

Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Combine spinach, cottage cheese, and egg substitute in a medium bowl; stir well, and set aside.
- Heat oil in a large saucepan over medium-high heat.
- Add onion; saut 3 minutes or until tender.
- Add mushrooms and garlic; saut 2 minutes or until mushrooms are tender.
- Add tomatoes and next 7 ingredients; stir well. Reduce heat, and simmer, uncovered, 20 minutes.
- Remove tomato mixture from heat; set aside.
- Coat a 13 x 9-inch baking dish with cooking spray. Spoon one-third of tomato mixture into baking dish. Arrange 3 uncooked noodles lengthwise in a single layer over tomato mixture; top with 1 1/4 cups spinach mixture.

- Layer 2 1/2 cups zucchini over spinach; sprinkle with 1/2 cup mozzarella cheese. Repeat layers; top with remaining tomato mixture. Cover and chill 8 hours.
- Preheat oven to 350
- Remove lasagna from refrigerator; bake, covered, at 350 for 1 hour and 30 minutes. Uncover; sprinkle with 1/2 cup mozzarella cheese and Parmesan cheese. Cover; let stand 5 minutes before serving.
- carbo rating: 25

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:1.77, Inflammation Score:-10, Nutrition Score:36.591739074044%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 333.62kcal (16.68%), Fat: 9.01g (13.86%), Saturated Fat: 4.44g (27.78%), Carbohydrates: 40.19g (13.4%), Net Carbohydrates: 34.98g (12.72%), Sugar: 10.8g (12.01%), Cholesterol: 23.62mg (7.87%), Sodium: 747.19mg (32.49%), Alcohol: 1.05g (100%), Alcohol %: 0.28% (100%), Protein: 26.19g (52.38%), Vitamin K: 237.04µg (225.75%), Vitamin A: 6515.9IU (130.32%), Manganese: 1.65mg (82.43%), Selenium: 40.35µg (57.64%), Vitamin C: 41.75mg (50.6%), Calcium: 481.22mg (48.12%), Phosphorus: 441.44mg (44.14%), Vitamin B2: 0.65mg (38.18%), Folate: 145.43µg (36.36%), Magnesium: 135.62mg (33.9%), Vitamin B6: 0.63mg (31.46%), Potassium: 1075.16mg (30.72%), Iron: 5.13mg (28.48%), Copper: 0.49mg (24.44%), Vitamin B1: 0.35mg (23.62%), Vitamin E: 3.46mg (23.04%), Vitamin B3: 4.26mg (21.32%), Fiber: 5.21g (20.82%), Zinc: 2.94mg (19.6%), Vitamin B5: 1.33mg (13.29%), Vitamin B12: 0.69µg (11.45%), Vitamin D: 0.3µg (2%)