



No-Noodle Zucchini Lasagna



Gluten Free



Popular

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READY IN

ready

90 min.

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SERVINGS

servings

15

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CALORIES

calories

282 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce tomato sauce canned
- ☐ 1 eggs
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 pound mushrooms fresh sliced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 16 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 small bell pepper diced green
- ☐ 1 pound ground beef

- ☐ 1.5 teaspoons ground pepper black
- ☐ 15 ounce ricotta cheese low-fat
- ☐ 1 onion diced
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 8 ounces parmesan cheese grated
- ☐ 0.3 cup red wine
- ☐ 1 tablespoon salt
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 1 cup tomato paste
- ☐ 15 servings water hot as needed
- ☐ 2 large zucchini

Equipment

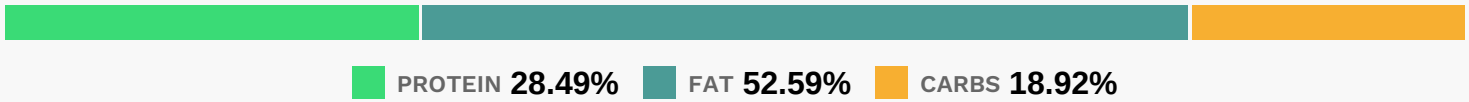
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease a deep 9x13 inch baking pan.
- ☐ Slice zucchini lengthwise into very thin slices.
- ☐ Sprinkle slices lightly with salt; set aside to drain in a colander.
- ☐ To prepare the meat sauce, cook and stir ground beef and black pepper in a large skillet over medium high heat for 5 minutes.
- ☐ Add in green pepper and onion; cook and stir until meat is no longer pink. Stir in tomato paste, tomato sauce, wine, basil, and oregano, adding a small amount of hot water if sauce is too thick. Bring to a boil; reduce heat and simmer sauce for about 20 minutes, stirring frequently.

- ☐ Meanwhile, stir egg, ricotta, and parsley together in a bowl until well combined.
- ☐ To assemble lasagna, spread 1/2 of the meat sauce into the bottom of prepared pan. Then layer 1/2 the zucchini slices, 1/2 the ricotta mixture, all of the spinach, followed by all of the mushrooms, then 1/2 the mozzarella cheese. Repeat by layering the remaining meat sauce, zucchini slices, ricotta mixture, and mozzarella.
- ☐ Spread Parmesan cheese evenly over the top; cover with foil.
- ☐ Bake for 45 minutes.
- ☐ Remove foil; raise oven temperature to 350 degrees F (175 degrees C), and bake an additional 15 minutes.
- ☐ Let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:2.34, Inflammation Score:-10, Nutrition Score:25.980000112368%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.55mg, Malvidin: 0.55mg, Malvidin: 0.55mg, Malvidin: 0.55mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.16mg, Apigenin: 1.16mg, Apigenin: 1.16mg, Apigenin: 1.16mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 282.42kcal (14.12%), Fat: 16.81g (25.86%), Saturated Fat: 8.25g (51.56%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 10.41g (3.78%), Sugar: 5.82g (6.46%), Cholesterol: 66.27mg (22.09%), Sodium: 1205.87mg (52.43%), Alcohol: 0.42g (100%), Alcohol %: 0.11% (100%), Protein: 20.49g (40.98%), Vitamin K: 131.2µg (124.95%), Vitamin A: 4471.26IU (89.43%), Calcium: 368.84mg (36.88%), Selenium: 23.92µg (34.18%), Phosphorus: 340mg (34%), Vitamin B2: 0.49mg (28.77%), Vitamin C: 21.22mg (25.73%), Manganese: 0.48mg (24.03%), Zinc: 3.49mg (23.25%), Potassium: 775.68mg (22.16%), Vitamin B12: 1.32µg (21.94%), Folate: 77.03µg (19.26%), Vitamin B6:

0.37mg (18.71%), Vitamin B3: 3.67mg (18.37%), Copper: 0.35mg (17.52%), Magnesium: 68.85mg (17.21%), Vitamin E: 2.49mg (16.58%), Iron: 2.83mg (15.71%), Fiber: 3.2g (12.81%), Vitamin B5: 1.05mg (10.47%), Vitamin B1: 0.13mg (8.44%), Vitamin D: 0.31µg (2.09%)