



Overnight Vegetable Lasagna

READY IN



93 min.

SERVINGS



8

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes undrained canned
- ☐ 0.3 teaspoon ground pepper
- ☐ 9 lasagna noodles uncooked
- ☐ 2 cups nonfat cottage cheese
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1.5 cups no-salt-added pasta sauce fat-free
- ☐ 6 ounce provolone cheese cut into strips
- ☐ 12 ounces zucchini fresh shredded trimmed (3 medium)

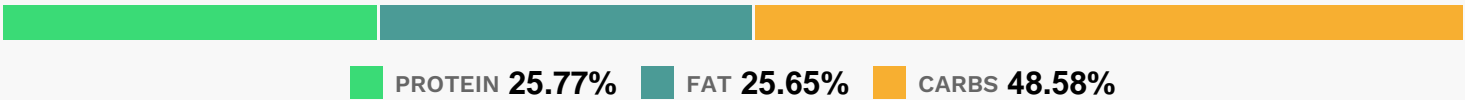
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine tomatoes and pasta sauce; stir well, and set aside.
- ☐ Combine cottage cheese, Parmesan cheese, and pepper; stir well, and set aside.
- ☐ Spoon one-third tomato mixture into bottom of a 13- x 9- x 2-inch baking dish coated with cooking spray.
- ☐ Place 3 uncooked lasagna noodles over tomato mixture; top with one-third zucchini. Spoon one-third cottage cheese mixture evenly over zucchini; top with 2 slices provolone cheese. Repeat layers twice with remaining tomato mixture, noodles, zucchini, cheese mixture, and provolone slices. (Casserole may be covered and refrigerated at this point and baked later.
- ☐ Bake 50 minutes or until thoroughly heated.)
- ☐ Cover and bake at 350 for 45 minutes. Uncover, and bake 15 additional minutes.
- ☐ Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:11.56, Inflammation Score:-6, Nutrition Score:15.050869565943%

Flavonoids

Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 293.34kcal (14.67%), Fat: 8.47g (13.02%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 36.06g (12.02%), Net Carbohydrates: 32.95g (11.98%), Sugar: 6.97g (7.74%), Cholesterol: 24.06mg (8.02%), Sodium: 765.01mg (33.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.14g (38.27%), Selenium: 31.16µg (44.52%), Phosphorus: 357.07mg (35.71%), Calcium: 302.18mg (30.22%), Manganese: 0.54mg (26.76%), Vitamin B2: 0.33mg (19.59%), Vitamin C: 15.55mg (18.85%), Potassium: 587.3mg (16.78%), Copper: 0.29mg (14.31%), Magnesium: 55.98mg (13.99%), Zinc: 2.04mg (13.62%), Vitamin B6: 0.27mg (13.3%), Vitamin A: 640.46IU (12.81%), Fiber: 3.11g

(12.46%), Vitamin B12: 0.65µg (10.91%), Iron: 1.91mg (10.59%), Vitamin E: 1.48mg (9.84%), Vitamin B3: 1.93mg (9.65%), Vitamin B5: 0.88mg (8.82%), Folate: 34.29µg (8.57%), Vitamin B1: 0.12mg (7.72%), Vitamin K: 6.55µg (6.23%)