



Pea and Mushroom Lasagna Ribbons

READY IN



35 min.

SERVINGS



6

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 lasagne pasta sheets uncooked
- ☐ 12 oz peas frozen
- ☐ 15 oz part-skim ricotta
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups caramelized onions
- ☐ 1 serving parmesan shredded

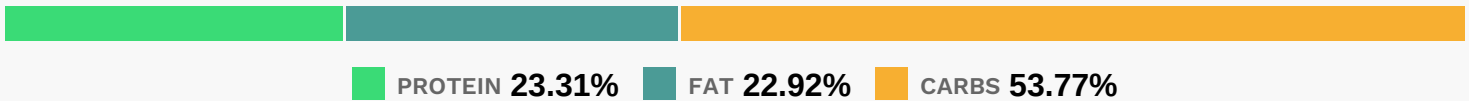
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ baking pan
- ☐ microwave
- ☐ spatula

Directions

- ☐ Cook and drain noodles as directed on package. Meanwhile, microwave vegetables as directed on package; drain. In medium bowl, mix vegetables, ricotta cheese, salt and pepper.
- ☐ Spray 11x7-inch microwavable dish with cooking spray.
- ☐ Spread 1 cup of the pasta sauce in dish.
- ☐ Lay 1 noodle on work surface. Spoon 2 tablespoons vegetable mixture on 1 end of noodle. Starting from other end of noodle, fold entire noodle over filling. Spoon 2 tablespoons filling on noodle on top of first filling. Starting from same end of noodle as before, fold noodle back in opposite direction. Top noodle over second filling with 2 tablespoons filling; fold remaining end of noodle back over third filling, creating zigzag pattern. Using wide spatula, place filled noodle on sauce in dish. Repeat with remaining noodles and vegetable mixture.
- ☐ Pour remaining sauce over noodles. Cover baking dish with microwavable plastic wrap, folding back one corner. Microwave on High 6 minutes or until hot.
- ☐ Sprinkle with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:28.72, Glycemic Load:12.27, Inflammation Score:-8, Nutrition Score:15.799999884937%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.94mg, Isorhamnetin: 3.94mg, Isorhamnetin: 3.94mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg Quercetin: 15.97mg, Quercetin: 15.97mg, Quercetin: 15.97mg, Quercetin: 15.97mg

Nutrients (% of daily need)

Calories: 298.89kcal (14.94%), Fat: 7.63g (11.74%), Saturated Fat: 4.46g (27.9%), Carbohydrates: 40.28g (13.43%), Net Carbohydrates: 34.79g (12.65%), Sugar: 7.56g (8.4%), Cholesterol: 25.37mg (8.46%), Sodium: 273.27mg (11.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.92%), Selenium: 32.08µg (45.82%), Vitamin C: 28.5mg (34.55%), Manganese: 0.61mg (30.48%), Phosphorus: 301.5mg (30.15%), Calcium: 290.55mg (29.06%), Fiber: 5.49g (21.95%), Folate: 66.42µg (16.6%), Zinc: 2.32mg (15.47%), Vitamin B2: 0.26mg (15.34%), Vitamin B1: 0.23mg (15.28%), Vitamin A: 746.98IU (14.94%), Vitamin K: 15.12µg (14.4%), Magnesium: 54.39mg (13.6%), Vitamin B6: 0.25mg (12.45%), Copper: 0.24mg (11.91%), Potassium: 409.96mg (11.71%), Iron: 1.72mg (9.58%), Vitamin B3: 1.82mg (9.11%), Vitamin B5: 0.47mg (4.72%), Vitamin B12: 0.27µg (4.43%), Vitamin E: 0.18mg (1.21%)