



Potato Lasagna



Vegetarian



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 baby carrots sliced
- ☐ 2 cups baby spinach leaves
- ☐ 3 cloves garlic chopped
- ☐ 0.3 cup gouda cheese smoked shredded
- ☐ 1 large bell pepper green chopped
- ☐ 14 ounce vodka marinara sauce
- ☐ 10 small potatoes red thinly sliced
- ☐ 4 servings salt and pepper to taste

- ☐ 0.5 cup sharp cheddar cheese shredded
- ☐ 1.5 cups mozzarella cheese shredded
- ☐ 0.5 vidalia onion chopped

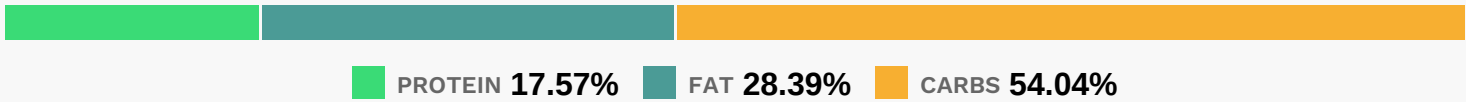
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart casserole dish.
- ☐ In a medium bowl, toss together the carrots, bell pepper, onion, garlic, and spinach. In a separate bowl, blend together the Gouda cheese, mozzarella cheese, and sharp Cheddar cheese. Set aside.
- ☐ Place two layers of sliced potatoes in the bottom of the prepared casserole dish. Season the potatoes with a little salt and pepper. Top with a layer of the spinach mixture, and pour about 1/2 cup of sauce over all.
- ☐ Sprinkle with some of the cheese blend. Repeat layering with remaining potatoes, vegetables, sauce and cheese, ending with cheese on the top.
- ☐ Bake covered for 35 minutes in the preheated oven.
- ☐ Remove the lid, and bake for 10 more minutes until the top is browned.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:2.53, Inflammation Score:-10, Nutrition Score:42.055652400722%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.56mg, Myricetin:

0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 10.31mg, Quercetin: 10.31mg, Quercetin: 10.31mg, Quercetin: 10.31mg

Nutrients (% of daily need)

Calories: 594.58kcal (29.73%), Fat: 19.34g (29.75%), Saturated Fat: 11.07g (69.18%), Carbohydrates: 82.81g (27.6%), Net Carbohydrates: 71.93g (26.16%), Sugar: 14.16g (15.73%), Cholesterol: 64.16mg (21.39%), Sodium: 1253.7mg (54.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.85%), Vitamin A: 5974.46IU (119.49%), Vitamin C: 84.01mg (101.83%), Vitamin K: 94.74µg (90.23%), Potassium: 2562.13mg (73.2%), Phosphorus: 617.31mg (61.73%), Vitamin B6: 1.09mg (54.29%), Calcium: 511.28mg (51.13%), Manganese: 1.01mg (50.65%), Fiber: 10.89g (43.54%), Copper: 0.8mg (39.99%), Magnesium: 147.63mg (36.91%), Folate: 143.98µg (35.99%), Vitamin B3: 6.44mg (32.21%), Vitamin B1: 0.45mg (30.22%), Iron: 5.21mg (28.97%), Vitamin B2: 0.49mg (28.61%), Zinc: 4.2mg (27.99%), Selenium: 16.9µg (24.15%), Vitamin B12: 1.34µg (22.25%), Vitamin B5: 1.86mg (18.65%), Vitamin E: 2.16mg (14.39%), Vitamin D: 0.33µg (2.18%)