



Red Pepper Lasagna

READY IN



90 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 no-boil lasagna noodles
- 0.3 cup parmesan cheese shredded finely
- 15 ounce ricotta cheese
- 1 cup roasted peppers sweet red drained cut into strips well
- 6 ounces mozzarella cheese shredded
- 2 cups tomato and basil pasta sauce classico®

Equipment

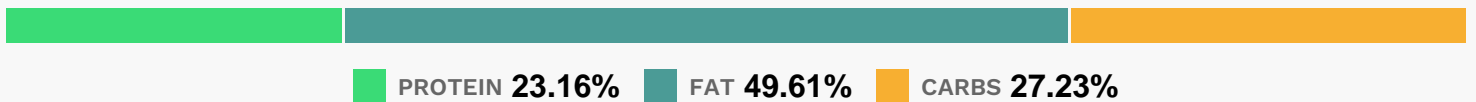
- bowl

- oven
- wire rack
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F. Lightly coat a 2-quart square baking dish with cooking spray. Spoon 1/3 cup of Classico® Tomato and Basil pasta sauce in the dish. Top with 2 lasagna noodles. In a small bowl stir together the ricotta cheese, 1 cup of the goat cheese, and, if desired, the Chianti. Spoon half the mixture over the noodles in the dish.
- Sprinkle with 2 tablespoons Parmesan. Top with half the red pepper strips. Spoon half the remaining Classico® Tomato and Basil pasta sauce on the pepper layer.
- Top with 2 more noodles, the remaining ricotta mixture, and remaining peppers.
- Add 2 more noodles and the remaining pasta sauce. Dot top with remaining goat cheese and sprinkle with remaining Parmesan.
- Cover with foil.
- Bake for 50 minutes.
- Let stand, covered, on a wire rack for 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:16.689565140268%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 488.17kcal (24.41%), Fat: 27.01g (41.56%), Saturated Fat: 15.7g (98.12%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 29.61g (10.77%), Sugar: 7.32g (8.14%), Cholesterol: 104.12mg (34.71%), Sodium: 692.54mg

(30.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.38g (56.75%), Vitamin C: 50.68mg (61.43%), Calcium: 531.42mg (53.14%), Vitamin A: 2350.66IU (47.01%), Phosphorus: 371.57mg (37.16%), Selenium: 24.09µg (34.41%), Vitamin B12: 1.41µg (23.43%), Vitamin B2: 0.38mg (22.36%), Zinc: 2.74mg (18.27%), Fiber: 3.75g (14.98%), Potassium: 493.38mg (14.1%), Vitamin B6: 0.18mg (8.78%), Folate: 33.31µg (8.33%), Magnesium: 27.42mg (6.85%), Iron: 1.16mg (6.47%), Vitamin E: 0.8mg (5.33%), Vitamin B5: 0.43mg (4.33%), Vitamin K: 4.08µg (3.88%), Vitamin B1: 0.05mg (3.28%), Manganese: 0.06mg (3.11%), Vitamin D: 0.41µg (2.76%), Vitamin B3: 0.54mg (2.68%), Copper: 0.04mg (1.77%)