



## Red Pepper Lasagna

READY IN



90 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon chianti
- 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®

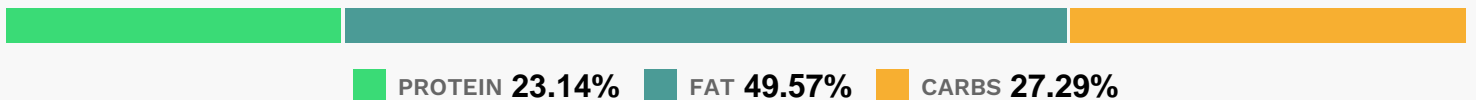
### Equipment

- 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:32, Glycemic Load:1.66, Inflammation Score:-9, Nutrition Score:16.733478069305%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg

Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg  
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin:  
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg,  
Quercetin: 0.12mg

## **Nutrients (% of daily need)**

Calories: 491.35kcal (24.57%), Fat: 27.01g (41.56%), Saturated Fat: 15.7g (98.12%), Carbohydrates: 33.46g (11.15%),  
Net Carbohydrates: 29.71g (10.8%), Sugar: 7.35g (8.16%), Cholesterol: 104.12mg (34.71%), Sodium: 692.69mg  
(30.12%), Alcohol: 0.4g (100%), Alcohol %: 0.18% (100%), Protein: 28.38g (56.76%), Vitamin C: 50.68mg (61.43%),  
Calcium: 531.72mg (53.17%), Vitamin A: 2350.73IU (47.01%), Phosphorus: 372.43mg (37.24%), Selenium: 24.1µg  
(34.42%), Vitamin B12: 1.41µg (23.43%), Vitamin B2: 0.38mg (22.42%), Zinc: 2.75mg (18.3%), Fiber: 3.75g (14.98%),  
Potassium: 498.14mg (14.23%), Vitamin B6: 0.18mg (8.88%), Folate: 33.34µg (8.34%), Magnesium: 27.87mg (6.97%),  
Iron: 1.18mg (6.57%), Vitamin E: 0.8mg (5.33%), Vitamin B5: 0.43mg (4.34%), Vitamin K: 4.09µg (3.9%), Manganese:  
0.07mg (3.35%), Vitamin B1: 0.05mg (3.29%), Vitamin D: 0.41µg (2.76%), Vitamin B3: 0.54mg (2.72%), Copper:  
0.04mg (1.79%)