



## Red, White, and Green Lasagne

READY IN



45 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 ounces parmesan fresh grated
- 2 cups ricotta cheese
- 2.5 cups mozzarella cheese grated
- 2 cups tomato sauce
- 2 tablespoons olive oil extra virgin extra-virgin
- 3 large bell pepper red chopped
- 1.5 pounds broccoli cut into 3/4-inch pieces and stems cut into 1/2-inch dice
- 42 inch lasagne pasta sheets dry

## Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- In a large non-stick skillet heat oil over moderately high heat until hot but not smoking and sauté bell peppers, stirring, until crisp-tender. In a bowl stir together bell peppers and ricotta, stirring until combined well. In a vegetable steamer set over simmering water steam broccoli, covered, until crisp-tender, 3 to 5 minutes, and stir into ricotta mixture with salt and pepper to taste.
- Preheat oven to 375°F.
- Pour 1 cup tomato sauce into a baking dish, 13 by 9 by 2 inches (sauce will not cover bottom completely), and cover with 3 lasagne sheets, making sure they do not touch each other. Drop about 1 1/2 cups ricotta mixture by spoonfuls onto pasta and gently spread with back of a spoon.
- Sprinkle 3/4 cup mozzarella and 1/3 cup Parmesan over ricotta mixture and make 2 more layers in same manner, beginning and ending with pasta.
- Spread remaining cup tomato sauce over pasta, making sure pasta is completely covered, and sprinkle with remaining mozzarella and Parmesan.
- Cover dish tightly with foil, tenting slightly to prevent foil from touching top layer, and bake in middle of oven 30 minutes.
- Remove foil and bake lasagne 10 minutes more, or until top is bubbling.
- Let lasagne stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:29, Glycemic Load:7.8, Inflammation Score:-10, Nutrition Score:29.430869413459%

## Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 6.68mg, Kaempferol: 6.68mg, Kaempferol: 6.68mg, Kaempferol: 6.68mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

## Nutrients (% of daily need)

Calories: 422.36kcal (21.12%), Fat: 24.83g (38.2%), Saturated Fat: 13.33g (83.32%), Carbohydrates: 25.79g (8.6%), Net Carbohydrates: 20.94g (7.61%), Sugar: 7.24g (8.04%), Cholesterol: 71.32mg (23.77%), Sodium: 877.1mg (38.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.56g (53.11%), Vitamin C: 158.87mg (192.57%), Vitamin K: 95.39µg (90.84%), Vitamin A: 3371.51IU (67.43%), Calcium: 570.56mg (57.06%), Phosphorus: 458.69mg (45.87%), Selenium: 29.91µg (42.73%), Vitamin B2: 0.48mg (28.14%), Folate: 100.91µg (25.23%), Vitamin B6: 0.46mg (23.12%), Manganese: 0.45mg (22.65%), Vitamin E: 3.21mg (21.4%), Potassium: 718.2mg (20.52%), Zinc: 3.05mg (20.36%), Vitamin B12: 1.22µg (20.36%), Fiber: 4.85g (19.39%), Magnesium: 63.11mg (15.78%), Iron: 2.2mg (12.23%), Vitamin B5: 1.19mg (11.91%), Vitamin B3: 2.13mg (10.64%), Vitamin B1: 0.15mg (9.72%), Copper: 0.18mg (9.18%), Vitamin D: 0.35µg (2.35%)