



## Roasted Red Pepper Lasagna

READY IN



45 min.

SERVINGS



10

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.3 cups carrots shredded
- 6 lasagna noodles cooked ( without salt or fat)
- 8 ounce carton process cream cheese light softened
- 0.3 cup egg substitute frozen thawed
- 0.8 cup basil leaves fresh
- 3 cups mushrooms fresh sliced
- 2 cloves garlic
- 1 tablespoon juice of lemon
- 0.5 cup nonfat cream sour

- 1 cup onion chopped
- 2 teaspoons oregano dried
- 0.3 cup parmesan cheese freshly grated
- 8 ounces part-skim mozzarella cheese shredded
- 0.5 teaspoon pepper freshly ground
- 3 large pasilla peppers sweet red
- 0.8 cup nonfat ricotta cheese
- 0.5 teaspoon salt
- 12 sun-dried tomatoes
- 8 ounce no-salt-added tomato sauce canned
- 1 cup water boiling
- 2 tablespoons water
- 2 cups zucchini chopped

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- knife
- baking pan
- hand mixer

## Directions

- Cut peppers in half lengthwise; remove and discard seeds and membranes.
- Place peppers, skin side up, on a baking sheet, and flatten with palm of hand. Broil 5 1/2 inches from heat (with electric oven door partially opened) 15 to 20 minutes or until charred.
- Place in ice water until cool; peel and discard skins. Coarsely chop peppers.

- Combine tomatoes and 1 cup boiling water in a small bowl; let stand 5 minutes.
- Drain.
- Position knife blade in food processor bowl; add chopped pepper, tomatoes, basil, and next 4 ingredients. Process until smooth, scraping sides of processor bowl once.
- Combine pepper mixture, tomato sauce, and 2 tablespoons water; stir well. Set aside.
- Beat cream cheese at medium speed of an electric mixer until creamy.
- Add ricotta cheese, sour cream, egg substitute, Parmesan cheese, and oregano, beating until smooth. Set aside.
- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add mushrooms, carrot, zucchini, and onion; saute 8 minutes or until tender.
- Spread 3/4 cup pepper mixture over bottom of a 13- x 9- x 2-inch baking dish coated with cooking spray.
- Place 3 lasagna noodles over sauce; top with half of cream cheese mixture, half of vegetable mixture, and half of remaining pepper mixture. Repeat layers with remaining noodles, cream cheese mixture, vegetable mixture, and pepper mixture.
- Cover and bake at 350 for 30 minutes. Uncover; sprinkle with mozzarella cheese.
- Bake 5 additional minutes or until cheese melts.
- Let stand 10 minutes before serving.

## Nutrition Facts

 **PROTEIN 19.98%**  **FAT 44.36%**  **CARBS 35.66%**

### Properties

Glycemic Index:46.73, Glycemic Load:8.5, Inflammation Score:-10, Nutrition Score:22.927391259567%

### Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

### Nutrients (% of daily need)

Calories: 304.28kcal (15.21%), Fat: 15.45g (23.77%), Saturated Fat: 8.98g (56.11%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 23.77g (8.64%), Sugar: 8.6g (9.56%), Cholesterol: 50.12mg (16.71%), Sodium: 553.38mg (24.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.65g (31.31%), Vitamin A: 7184.22IU (143.68%), Vitamin C: 74.56mg (90.38%), Selenium: 24.65µg (35.21%), Calcium: 320.57mg (32.06%), Phosphorus: 289.8mg (28.98%), Vitamin B2: 0.45mg (26.26%), Manganese: 0.43mg (21.56%), Vitamin K: 20.24µg (19.28%), Vitamin B6: 0.38mg (19.23%), Potassium: 657.55mg (18.79%), Fiber: 4.17g (16.69%), Folate: 59.38µg (14.85%), Vitamin B3: 2.64mg (13.22%), Copper: 0.26mg (13.17%), Zinc: 1.95mg (12.98%), Vitamin B5: 1.21mg (12.05%), Vitamin E: 1.8mg (11.99%), Magnesium: 47.69mg (11.92%), Iron: 1.97mg (10.92%), Vitamin B1: 0.14mg (9.33%), Vitamin B12: 0.4µg (6.65%), Vitamin D: 0.27µg (1.81%)