



Roasted Vegetable and Prosciutto Lasagna with Alfredo Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



810 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup alfredo sauce
- 1.3 cups deli honey ham mixed (such as eggplant, squash and bell peppers)
- 2 tablespoons basil fresh chopped
- 1.5 cups tomatoes diced italian with seasonings, undrained canned
- 4 no boil lasagna noodles ()
- 2 ounces pancetta thinly sliced cut into 1/2-inch pieces

Equipment

- bowl
- plastic wrap
- microwave

Directions

- Stir Alfredo sauce, prosciutto and basil in small bowl to blend.
- Spread 2 tablespoons Alfredo sauce mixture in bottom of two 1 1/2-cup oval-shape gratin dishes or two 2-cup soufflé dishes. Top each with 1/4 cup tomatoes with juices.
- Place 1 noodle in each dish, breaking into pieces to fit.
- Spread each with 2 tablespoons sauce mixture, then 1/4 cup tomatoes with juices. Top each with 2/3 cup roasted vegetables.
- Sprinkle with salt and pepper. Make another layer of noodles, breaking to fit. Top with remaining sauce mixture, dividing equally. Top each with 1/4 cup tomatoes with juices.
- Cover dishes tightly with plastic wrap. Microwave on high until noodles are tender but still firm to bite, about 10 minutes. Uncover lasagna and let stand 5 minutes before serving

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:22.611739117166%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 809.92kcal (40.5%), Fat: 52.15g (80.23%), Saturated Fat: 20.01g (125.08%), Carbohydrates: 37.34g (12.45%), Net Carbohydrates: 34.23g (12.45%), Sugar: 6.26g (6.95%), Cholesterol: 186.8mg (62.27%), Sodium: 2872.96mg (124.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.21g (92.42%), Vitamin B1: 1.11mg (73.86%), Selenium: 41.69µg (59.55%), Vitamin B3: 9.48mg (47.38%), Vitamin B6: 0.88mg (43.88%), Phosphorus: 413.68mg (41.37%), Zinc: 4.26mg (28.41%), Vitamin B2: 0.47mg (27.77%), Potassium: 938.31mg (26.81%), Vitamin C:

17.1mg (20.73%), Vitamin B12: 1.15µg (19.19%), Iron: 3.3mg (18.32%), Copper: 0.27mg (13.74%), Magnesium: 54.45mg (13.61%), Vitamin K: 13.52µg (12.88%), Vitamin E: 1.93mg (12.86%), Fiber: 3.12g (12.47%), Vitamin B5: 1.09mg (10.95%), Manganese: 0.19mg (9.34%), Vitamin D: 1.22µg (8.12%), Calcium: 71.8mg (7.18%), Vitamin A: 326.59IU (6.53%), Folate: 20.49µg (5.12%)