



Roasted Vegetable Lasagna

READY IN



55 min.

SERVINGS



6

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large egg whites
- 0.5 cup basil fresh chopped
- 2 garlic cloves minced
- 3 cups tomatoes jarred
- 42 no-boil lasagna noodles (use 1 noodle to fill in gaps)
- 3 tablespoons parmesan cheese finely grated
- 0.5 cup coarsely part-skim mozzarella cheese grated
- 1.5 cups part-skim ricotta cheese
- 3 cups roasted vegetables leftover

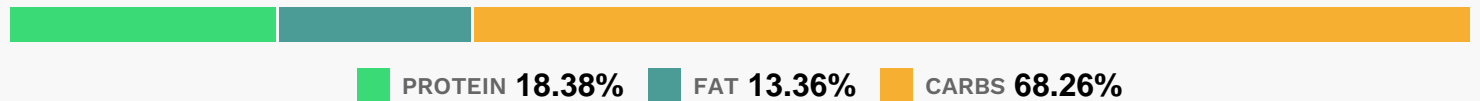
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 37
- Stir together first 5 ingredients (through basil).
- Spoon 1 cup marinara sauce into bottom of an 8-inch-square glass or ceramic baking dish. Top with 2 noodles.
- Spread 3/4 cup cheese mixture over sauce to cover evenly. Arrange 1 1/2 cups roasted vegetables in 1 layer. Spoon 3/4 cup sauce over vegetables, top with 2 noodles, remaining 3/4 cup cheese mixture, 1 1/2 cups vegetables, 2 noodles, and remaining 1 1/4 cups sauce. Cover with foil, and bake for 20 minutes.
- Remove foil, and sprinkle top with mozzarella.
- Bake in middle of oven for 20 minutes more or until cheese is melted, sauce is bubbling, and noodles are tender.
- Let cool for at least 15 minutes before cutting into pieces; serve.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:6.08, Inflammation Score:-10, Nutrition Score:19.549130447533%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 665.1kcal (33.25%), Fat: 10.22g (15.73%), Saturated Fat: 4.53g (28.3%), Carbohydrates: 117.47g (39.16%), Net Carbohydrates: 107.44g (39.07%), Sugar: 7.01g (7.79%), Cholesterol: 83.61mg (27.87%), Sodium: 820.95mg

(35.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.64g (63.28%), Vitamin A: 5561.59IU (111.23%), Fiber: 10.03g (40.11%), Calcium: 309.75mg (30.97%), Potassium: 978.27mg (27.95%), Phosphorus: 263.59mg (26.36%), Selenium: 16.02µg (22.89%), Vitamin C: 18.71mg (22.68%), Vitamin B2: 0.36mg (21.15%), Manganese: 0.4mg (20.16%), Magnesium: 55.28mg (13.82%), Iron: 2.43mg (13.52%), Copper: 0.26mg (13.16%), Zinc: 1.91mg (12.71%), Vitamin E: 1.85mg (12.33%), Vitamin B3: 2.45mg (12.25%), Vitamin B6: 0.24mg (12.22%), Folate: 48.29µg (12.07%), Vitamin K: 12.37µg (11.78%), Vitamin B1: 0.16mg (10.59%), Vitamin B5: 0.72mg (7.23%), Vitamin B12: 0.3µg (5%)