



Roasted Vegetable Lasagna

READY IN



90 min.

SERVINGS



12

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz knudsen milkfat cottage cheese 2% low fat
- 1 eggs beaten
- 3 cloves garlic minced
- 1.5 cups milk italian* three cheese blend shredded 2% divided kraft
- 2 Tbsp lite house dressing italian kraft
- 3 Tbsp parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 4 cups cut-up non-starchy vegetables fresh green red assorted (carrots, eggplant, and peppers)
- 0.5 cup water

9 lasagna noodles whole wheat cooked

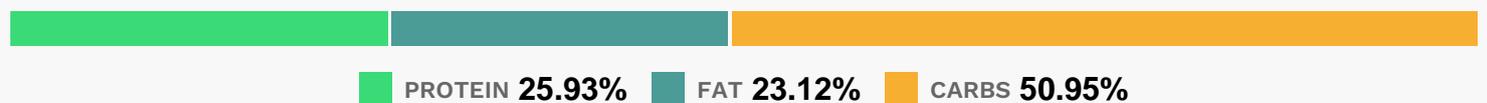
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oven to 375F.
- Toss vegetables with dressing and garlic; spread onto bottom of 15x10x1-inch pan.
- Bake 30 min. or until vegetables are crisp-tender, stirring occasionally.
- Place in medium bowl; stir in pasta sauce and water.
- Mix egg, cottage cheese and 1 cup shredded cheese until well blended.
- Spoon 1 cup sauce onto bottom of 13x9-inch baking dish sprayed with cooking spray; top with layers of 3 noodles and half the cottage cheese mixture. Repeat layers. Cover with remaining noodles, sauce and shredded cheese; sprinkle with Parmesan.
- Bake 45 min. or until heated through.
- Let stand 15 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:3.62, Inflammation Score:-9, Nutrition Score:14.277391298957%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 215.17kcal (10.76%), Fat: 5.88g (9.05%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 25.88g (9.41%), Sugar: 3.33g (3.7%), Cholesterol: 19.04mg (6.35%), Sodium: 531.04mg (23.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.69%), Vitamin A: 3373.22IU (67.46%), Manganese: 0.87mg (43.34%), Selenium: 21.03µg (30.05%), Phosphorus: 172.63mg (17.26%), Magnesium: 56.27mg (14.07%), Vitamin B1: 0.2mg (13.46%), Fiber: 3.29g (13.17%), Vitamin C: 10.52mg (12.75%), Vitamin B3: 2.46mg (12.3%), Vitamin B2: 0.2mg (11.92%), Copper: 0.23mg (11.75%), Iron: 2.02mg (11.25%), Potassium: 387.09mg (11.06%), Folate: 41.02µg (10.26%), Vitamin B6: 0.2mg (10.22%), Calcium: 97.64mg (9.76%), Zinc: 1.15mg (7.68%), Vitamin B5: 0.63mg (6.27%), Vitamin E: 0.92mg (6.13%), Vitamin B12: 0.29µg (4.79%), Vitamin K: 3.04µg (2.9%)