



Roasted-Vegetable Lasagne

READY IN



300 min.

SERVINGS



4

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 pounds eggplant
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup fontina italian grated
- ☐ 3 tablespoons basil fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup parmigiano-reggiano finely grated
- ☐ 2 bell peppers red quartered

- ☐ 1.8 teaspoons salt
- ☐ 3 tablespoons butter unsalted
- ☐ 3.5 cups milk whole
- ☐ 2 medium zucchini trimmed cut lengthwise into 1/4-inch-thick slices

Equipment

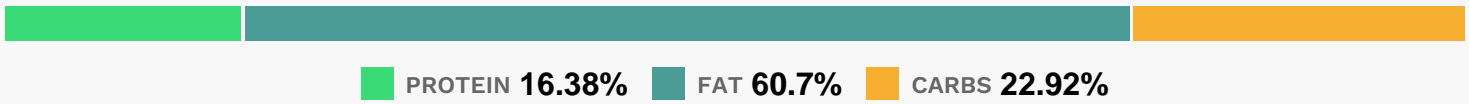
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wax paper
- ☐ kitchen towels

Directions

- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 425°F.
- ☐ Cut 3 (1/3-inch-thick) lengthwise slices from center of eggplant and reserve remainder for another use.
- ☐ Brush 2 large shallow baking pans with 1 tablespoon oil total, then arrange eggplant, zucchini, and bell peppers in 1 layer in pans.
- ☐ Brush vegetables with remaining 2 tablespoons oil and sprinkle with pepper and 1 1/4 teaspoons salt. Roast, switching position of pans halfway through roasting, until eggplant and zucchini are browned and tender, 15 to 20 minutes total, then transfer eggplant and zucchini to a plate. Turn peppers over and continue to roast until tender, about 10 minutes more.
- ☐ Transfer peppers to a bowl and cover, then let stand 10 minutes. Meanwhile, move 1 rack to middle position and leave oven on. Peel peppers.
- ☐ While vegetables roast, cook garlic in butter in a 1 1/2- to 2-quart heavy saucepan over moderate heat, whisking frequently, until fragrant, about 30 seconds.
- ☐ Whisk in flour and cook, whisking constantly, 2 minutes.

- ☐ Add milk in a slow stream, whisking, and bring to a boil, whisking constantly. Reduce heat and simmer, whisking frequently, 8 minutes (sauce will thicken slightly when it first comes to a boil).
- ☐ Remove from heat and cool béchamel sauce, stirring occasionally, 10 minutes. Stir in cheeses, basil, and remaining 1/2 teaspoon salt.
- ☐ Soak noodles in hot water just until pliable, 8 to 10 minutes.
- ☐ Spread 2/3 cup sauce in an 8-inch square baking dish.
- ☐ Drain 1 large noodle or 2 small noodles on a clean kitchen towel (not terry cloth) and put over sauce in dish. Top with half of zucchini in 1 layer, 1/2 cup sauce, and another noodle (or 2). Make another layer with all of eggplant, 1/2 cup sauce, and another noodle (or 2), and another with all of bell peppers, 1/2 cup sauce, and another noodle (or 2). Top with remaining zucchini, 1/2 cup sauce, and another noodle (or 2). Cover completely with remaining sauce.
- ☐ Bake until golden and bubbling, 25 to 30 minutes.
- ☐ Let stand in pan on a rack 20 minutes.
- ☐ ·Vegetables can be roasted and peppers peeled 1 day ahead and chilled, covered.·Sauce can be made 1 day ahead. Cover surface with wax paper and chill. Rewarm over low heat, stirring often, before using.

Nutrition Facts



Properties

Glycemic Index:94, Glycemic Load:11.06, Inflammation Score:-10, Nutrition Score:31.539565127829%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 579.87kcal (28.99%), Fat: 40.24g (61.91%), Saturated Fat: 19.39g (121.21%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 26.52g (9.65%), Sugar: 21.88g (24.31%), Cholesterol: 94.97mg (31.66%), Sodium: 1578.29mg (68.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.85%), Vitamin C: 98.18mg (119.01%),

Calcium: 638.16mg (63.82%), Vitamin A: 3185.88IU (63.72%), Phosphorus: 524.59mg (52.46%), Manganese: 0.78mg (39.04%), Vitamin B2: 0.65mg (38.5%), Vitamin B6: 0.67mg (33.51%), Potassium: 1148.67mg (32.82%), Vitamin B12: 1.88µg (31.25%), Fiber: 7.66g (30.65%), Vitamin K: 28.53µg (27.17%), Folate: 106.89µg (26.72%), Vitamin E: 3.57mg (23.78%), Vitamin B1: 0.34mg (22.64%), Selenium: 15.41µg (22.01%), Magnesium: 88.05mg (22.01%), Zinc: 3.21mg (21.39%), Vitamin B5: 1.92mg (19.22%), Vitamin D: 2.77µg (18.44%), Vitamin B3: 2.93mg (14.64%), Copper: 0.24mg (12.08%), Iron: 1.72mg (9.54%)