



Skillet Roasted Pepper Lasagna

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 lasagna noodles cooked
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup bell pepper green chopped
- ☐ 1 cup curd cottage cheese 1% low-fat divided
- ☐ 0.5 cup onion chopped
- ☐ 1 ounce parmesan cheese fresh divided grated
- ☐ 4 ounces part-skim mozzarella cheese shredded

- ☐ 1.5 cups bottled pasta sauce divided
- ☐ 7 ounce bottled roasted bell peppers red drained chopped
- ☐ 10 ounce pkt spinach frozen dry divided thawed drained chopped

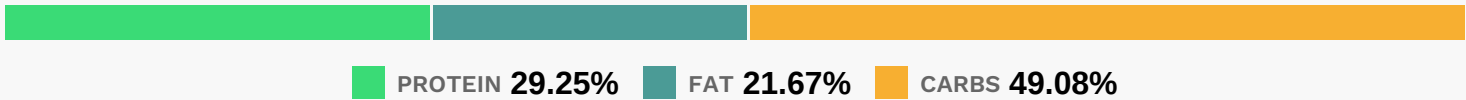
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Place a large nonstick skillet coated with cooking spray over high heat.
- ☐ Add bell pepper and onion to skillet; saut 3 minutes or until tender.
- ☐ Remove from heat; add red pepper, basil, and garlic.
- ☐ Cut each lasagna noodle in half.
- ☐ Place 4 halves in bottom of an 11 x 7-inch baking dish coated with cooking spray. Top with 1/2 cup pasta sauce, 2/3 cup red pepper mixture, 1/2 cup cottage cheese, 1/3 cup spinach, and 1 tablespoon Parmesan cheese. Repeat layers one time. Top with remaining 4 noodles, 1/2 cup pasta sauce, 1/2 cup red pepper mixture, and mozzarella cheese.
- ☐ Bake at 350 for 35 minutes.
- ☐ Sprinkle with remaining Parmesan cheese.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:64.38, Glycemic Load:14.99, Inflammation Score:-10, Nutrition Score:33.589565165665%

Flavonoids

Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 352.12kcal (17.61%), Fat: 8.68g (13.36%), Saturated Fat: 4.67g (29.21%), Carbohydrates: 44.24g (14.75%), Net Carbohydrates: 37.57g (13.66%), Sugar: 7.91g (8.79%), Cholesterol: 25.22mg (8.41%), Sodium: 1688.64mg (73.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.37g (52.74%), Vitamin K: 273.87µg (260.82%), Vitamin A: 9372.45IU (187.45%), Vitamin C: 65.48mg (79.36%), Selenium: 39.79µg (56.84%), Manganese: 1.08mg (54.01%), Calcium: 483.81mg (48.38%), Phosphorus: 393.92mg (39.39%), Folate: 143.35µg (35.84%), Vitamin B2: 0.47mg (27.78%), Magnesium: 107.8mg (26.95%), Vitamin B6: 0.54mg (26.83%), Fiber: 6.67g (26.68%), Vitamin E: 3.64mg (24.3%), Iron: 4.2mg (23.31%), Potassium: 812.4mg (23.21%), Copper: 0.43mg (21.41%), Zinc: 2.45mg (16.32%), Vitamin B1: 0.17mg (11.51%), Vitamin B3: 2.25mg (11.23%), Vitamin B12: 0.67µg (11.22%), Vitamin B5: 0.72mg (7.19%)