



Skillet Vegetable 'Lasagna

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggplant peeled coarsely chopped
- 3 cloves garlic minced
- 3 Tbsp oil
- 3 Tbsp parmesan cheese grated kraft
- 1.5 cups classico family favorites pasta sauce divided traditional
- 1 cup polly-o original ricotta cheese
- 1.5 cups mozzarella cheese shredded with a touch of philadelphia kraft
- 1 baby squash yellow sliced

1 zucchini sliced

Equipment

frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add eggplant, zucchini and yellow squash; cook 10 min., stirring frequently. Stir in garlic; cook on medium heat 5 to 8 min. or until vegetables are tender.
- Remove vegetable mixture from skillet; set aside.
- Mix ricotta and Parmesan until blended.
- Spread 1 cup pasta sauce onto bottom of skillet; top with small spoonfuls of ricotta mixture, vegetable mixture, remaining pasta sauce and mozzarella. Cover.
- Cook on medium-low heat 20 min. or until heated through.
- Remove from heat; let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:2.69, Inflammation Score:-7, Nutrition Score:13.458695758944%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 275.12kcal (13.76%), Fat: 19.82g (30.48%), Saturated Fat: 8.1g (50.68%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 8.6g (3.13%), Sugar: 6.83g (7.59%), Cholesterol: 45.38mg (15.13%), Sodium: 549.4mg (23.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.97g (27.94%), Calcium: 277.35mg (27.73%), Phosphorus: 242.26mg (24.23%), Vitamin C: 17.84mg (21.62%), Manganese: 0.4mg (19.79%), Vitamin B2: 0.32mg (18.54%), Selenium: 12.57µg (17.95%), Potassium: 602.86mg (17.22%), Vitamin E: 2.53mg (16.85%), Vitamin A: 808.41IU (16.17%), Fiber: 3.93g (15.7%), Vitamin B6: 0.3mg (14.87%), Vitamin B12: 0.81µg (13.54%), Zinc: 1.88mg (12.53%),

Vitamin K: 12.93µg (12.31%), Folate: 46.73µg (11.68%), Magnesium: 42.7mg (10.68%), Copper: 0.18mg (9.17%), Vitamin B3: 1.49mg (7.47%), Iron: 1.32mg (7.31%), Vitamin B5: 0.67mg (6.66%), Vitamin B1: 0.09mg (6.15%), Vitamin D: 0.21µg (1.38%)