



HEALTH SCORE

52%

Slow-Cooker Lasagna

READY IN



25 min.

SERVINGS



6

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 56 ounce tomatoes diced drained canned
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 16 ounces ricotta fresh
- ☐ 3 cloves garlic finely chopped
- ☐ 6 servings kosher salt and pepper
- ☐ 12 ounces lasagna noodles dry
- ☐ 12 ounces mozzarella cheese grated
- ☐ 0.3 cup oregano fresh chopped
- ☐ 0.5 cup parmesan grated

☐ 1 bunch swiss chard

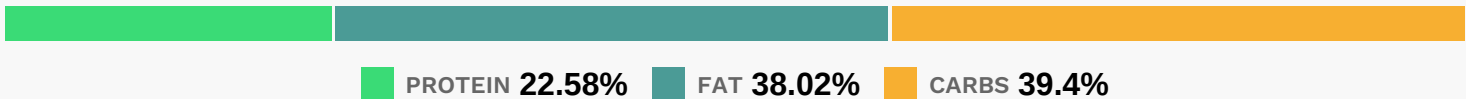
Equipment

- ☐ bowl
- ☐ oven
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ In a medium bowl, combine the tomatoes, garlic, oregano, 1/2 teaspoon salt, and 1/2 teaspoon pepper. In another medium bowl, combine the ricotta, parsley, Parmesan, and 1/4 teaspoon pepper. Spoon 1/3 cup of the tomato mixture into the bowl of a slow cooker. Top with a single layer of noodles, breaking them to fit as necessary.
- ☐ Add half the Swiss chard. Dollop with a third of the ricotta mixture and a third of the remaining tomato mixture.
- ☐ Sprinkle with a third of the mozzarella.
- ☐ Heat oven to 375 F. Follow the recipe above using no-boil lasagna noodles in place of the dried ones and layer the ingredients in a Dutch oven or large casserole. Cover and bake until the noodles are tender, 50 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:18.6, Inflammation Score:-10, Nutrition Score:37.266087148501%

Flavonoids

Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg Myricetin: 2.4mg, Myricetin: 2.4mg, Myricetin: 2.4mg, Myricetin: 2.4mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 608.48kcal (30.42%), Fat: 26.07g (40.11%), Saturated Fat: 15.35g (95.96%), Carbohydrates: 60.79g (20.26%), Net Carbohydrates: 54.48g (19.81%), Sugar: 9.36g (10.39%), Cholesterol: 89.01mg (29.67%), Sodium: 1238.12mg (53.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.84g (69.69%), Vitamin K: 519.47µg (494.73%), Vitamin A: 4607.71IU (92.15%), Selenium: 59.33µg (84.76%), Calcium: 702.59mg (70.26%), Vitamin C: 46.77mg (56.69%), Phosphorus: 566.58mg (56.66%), Manganese: 1.06mg (53.16%), Vitamin B2: 0.58mg (33.95%), Magnesium: 131.26mg (32.81%), Iron: 5.88mg (32.68%), Potassium: 1002.47mg (28.64%), Zinc: 4.24mg (28.25%), Vitamin B12: 1.65µg (27.5%), Vitamin B6: 0.53mg (26.44%), Fiber: 6.31g (25.23%), Copper: 0.49mg (24.27%), Vitamin E: 3.42mg (22.8%), Vitamin B3: 3.38mg (16.88%), Folate: 64.38µg (16.1%), Vitamin B1: 0.23mg (15.4%), Vitamin B5: 0.97mg (9.69%), Vitamin D: 0.42µg (2.8%)