



Slow-Cooker Vegetable Lasagna

READY IN



260 min.

SERVINGS



20

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz baby spinach leaves
- 15 oz tomato sauce canned
- 1 eggs beaten
- 0.5 lb mushrooms fresh sliced
- 8 oz italian* five cheese shredded with a touch of philadelphia, divided kraft
- 1 Tbsp oil
- 0.3 cup parmesan cheese divided grated kraft
- 15 oz polly-o natural part skim ricotta cheese
- 2 pasilla peppers red coarsely chopped

6 lasagna noodles whole wheat uncooked

Equipment

frying pan

slow cooker

Directions

Heat oil in large skillet on medium heat.

Add mushrooms and peppers; cook and stir 3 min.

Remove from heat.

Add spinach; stir until wilted. Stir in tomato sauce.

Mix egg, ricotta, 1-1/2 cups shredded cheese and 2 Tbsp. Parmesan until blended.

Spoon 1-1/2 cups sauce into slow cooker; top with layers of half each of the noodles (broken to fit) and ricotta mixture. Cover with 2 cups sauce. Top with remaining noodles (broken to fit), ricotta mixture and sauce. Cover with lid.

Cook on LOW 4 to 5 hours (or on HIGH 2 to 3 hours) or until liquid is absorbed.

Sprinkle with remaining cheeses; let stand, covered, 10 min. or until shredded cheese is melted.

Nutrition Facts



Properties

Glycemic Index:7.05, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:9.9273912958477%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 122.22kcal (6.11%), Fat: 6.06g (9.33%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 9.62g (3.5%), Sugar: 1.59g (1.77%), Cholesterol: 18.13mg (6.04%), Sodium: 182.34mg (7.93%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.2%), Vitamin K: 42.93µg (40.89%), Vitamin A: 1366.49IU (27.33%), Vitamin C: 19.35mg (23.45%), Manganese: 0.38mg (18.91%), Selenium: 12.07µg (17.25%), Calcium: 108.72mg (10.87%), Phosphorus: 95.62mg (9.56%), Vitamin B2: 0.15mg (8.9%), Folate: 34.48µg (8.62%), Magnesium: 28.26mg (7.06%), Potassium: 221.75mg (6.34%), Vitamin B3: 1.25mg (6.24%), Copper: 0.12mg (6.05%), Vitamin B6: 0.11mg (5.58%), Vitamin E: 0.83mg (5.57%), Iron: 0.99mg (5.47%), Zinc: 0.75mg (4.98%), Vitamin B1: 0.07mg (4.93%), Vitamin B5: 0.45mg (4.51%), Fiber: 0.87g (3.48%), Vitamin B12: 0.1µg (1.71%)