



Sweet Pea Lasagna

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings kosher salt and pepper black
- ☐ 16 ounce tomatoes
- ☐ 9 ounce no-boil lasagna noodles
- ☐ 10 ounce peas frozen
- ☐ 16 ounce ricotta
- ☐ 0.3 cup mozzarella cheese shredded

Equipment

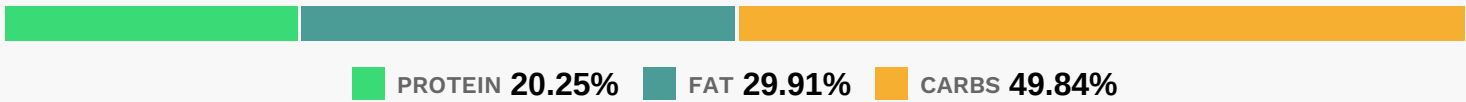
- ☐ bowl

- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Heat oven to 400F.
- ☐ Place the peas in a colander or large strainer and run under cold water until thawed; let drain. In a medium bowl, combine the ricotta, peas, and 1/4 teaspoon each salt and pepper. Spoon half the marinara into an 8-inch square baking dish. Top with 2 layers of lasagna noodles (4 sheets).
- ☐ Spread half the ricotta mixture over the noodles and top with a single layer of lasagna noodles (2 sheets).
- ☐ Spread the remaining ricotta mixture on the noodles. Top with 2 layers of noodles (4 sheets) and the remaining marinara.
- ☐ Sprinkle the mozzarella on top. Loosely cover with foil and bake until the noodles are tender, 45 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:35.83, Glycemic Load:5.65, Inflammation Score:-8, Nutrition Score:18.972608659578%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 530.74kcal (26.54%), Fat: 18.05g (27.77%), Saturated Fat: 10.42g (65.15%), Carbohydrates: 67.67g (22.56%), Net Carbohydrates: 59.65g (21.69%), Sugar: 9.58g (10.64%), Cholesterol: 91.84mg (30.61%), Sodium: 873.98mg (38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.5g (54.99%), Vitamin C: 36.29mg (43.98%), Fiber: 8.02g (32.07%), Vitamin A: 1585.14IU (31.7%), Phosphorus: 311.11mg (31.11%), Calcium: 303.8mg (30.38%),

Selenium: 19.59µg (27.98%), Vitamin B2: 0.41mg (24.01%), Potassium: 787.92mg (22.51%), Vitamin K: 22.16µg (21.1%), Manganese: 0.42mg (21.07%), Zinc: 2.65mg (17.66%), Folate: 70.37µg (17.59%), Vitamin B1: 0.23mg (15.51%), Iron: 2.59mg (14.41%), Vitamin B6: 0.28mg (14.11%), Copper: 0.28mg (13.99%), Vitamin B3: 2.73mg (13.65%), Magnesium: 54.28mg (13.57%), Vitamin E: 1.86mg (12.42%), Vitamin B12: 0.55µg (9.09%), Vitamin B5: 0.68mg (6.76%), Vitamin D: 0.25µg (1.7%)