

Tex-Mex Lasagna

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 0.3 cup green onions chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 6 precooked lasagna noodles (such as Barilla or Vigo)
- ☐ 0.8 cup bottled salsa
- ☐ 8 ounces preshredded 4-cheese mexican blend cheese reduced-fat

☐ 8 ounce no salt-added tomato sauce canned

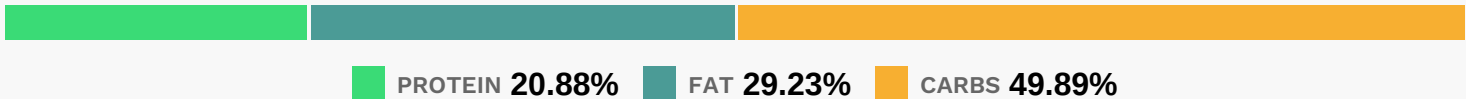
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 4 ingredients; spread 2/3 cup sauce in bottom of an 8-inch square baking dish coated with cooking spray. Arrange 2 noodles over sauce; top with 1/2 cup corn and half of beans.
- ☐ Sprinkle with 1/2 cup cheese; top with 2/3 cup sauce. Repeat layers once; top with remaining 2 noodles.
- ☐ Spread remaining sauce over noodles.
- ☐ Sprinkle with remaining 1 cup cheese. Cover and bake at 450 for 30 minutes or until noodles are tender and sauce is bubbly.
- ☐ Let stand 15 minutes.
- ☐ Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:15.79, Inflammation Score:-8, Nutrition Score:28.350000117136%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 548.46kcal (27.42%), Fat: 18.33g (28.2%), Saturated Fat: 10.02g (62.65%), Carbohydrates: 70.4g (23.47%), Net Carbohydrates: 56.98g (20.72%), Sugar: 12.2g (13.55%), Cholesterol: 53.86mg (17.95%), Sodium: 1565.43mg (68.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.93%), Selenium: 38.15µg (54.5%), Fiber:

13.42g (53.68%), Phosphorus: 531.25mg (53.12%), Manganese: 1.03mg (51.54%), Calcium: 488.92mg (48.89%), Potassium: 1149.35mg (32.84%), Copper: 0.65mg (32.49%), Iron: 5.69mg (31.59%), Folate: 119.44µg (29.86%), Magnesium: 119.34mg (29.83%), Vitamin B2: 0.48mg (28.41%), Zinc: 3.56mg (23.76%), Vitamin B6: 0.47mg (23.52%), Vitamin A: 1168.64IU (23.37%), Vitamin C: 19.11mg (23.16%), Vitamin K: 23.52µg (22.4%), Vitamin B1: 0.33mg (22.05%), Vitamin B3: 4.28mg (21.39%), Vitamin E: 2.98mg (19.87%), Vitamin B5: 1.23mg (12.27%), Vitamin B12: 0.7µg (11.62%), Vitamin D: 0.28µg (1.89%)