



Vegetable Lasagna

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots sliced
- ☐ 6 ounces lasagna noodles hot cooked uncooked cut in half
- ☐ 0.8 cup mushrooms sliced
- ☐ 1 teaspoon olive oil
- ☐ 3 ounce part-skim mozzarella cheese shredded
- ☐ 15 ounce carton part-skim ricotta cheese
- ☐ 2 tablespoons commercial pesto
- ☐ 0.5 cup bell pepper red chopped

- ☐ 0.5 cup onion red thinly sliced
- ☐ 26 ounce tomato basil pasta sauce fat-free
- ☐ 0.8 cup zucchini chopped

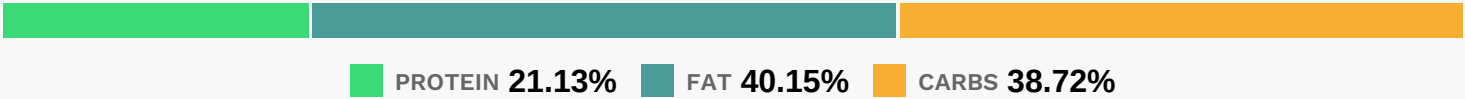
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 37
- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add mushrooms and the next 4 ingredients (mushrooms through onion); cook for 5 minutes, stirring frequently.
- ☐ Add pasta sauce; bring to a boil. Reduce heat, and simmer 10 minutes.
- ☐ Combine pesto and ricotta in a small bowl.
- ☐ Spread 1/2 cup tomato mixture in the bottom of a 8-inch square baking dish or pan coated with cooking spray. Arrange 4 noodle halves over tomato mixture. Top noodles with half of ricotta mixture and 1 cup tomato mixture. Repeat layers, ending with noodles.
- ☐ Spread remaining tomato mixture over noodles; sprinkle with mozzarella.
- ☐ Cover and bake at 375 for 30 minutes. Uncover and bake an additional 20 minutes.
- ☐ Let stand 10 minutes.
- ☐ Notes: To make ahead, assemble as directed; stop before baking. Cover and refrigerate overnight.
- ☐ Let stand 30 minutes at room temperature; bake as directed. For easy cleanup, assemble in a disposable 8-inch aluminum-foil pan. If you're making for a gift, deliver uncooked with baking instructions.

Nutrition Facts



Properties

Glycemic Index:33.56, Glycemic Load:4.9, Inflammation Score:-9, Nutrition Score:14.43565214976%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 310.51kcal (15.53%), Fat: 13.76g (21.17%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 24.27g (8.82%), Sugar: 11.76g (13.07%), Cholesterol: 31.44mg (10.48%), Sodium: 695.52mg (30.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.29g (32.58%), Vitamin A: 3380.23IU (67.6%), Calcium: 363.27mg (36.33%), Selenium: 22.6µg (32.28%), Vitamin C: 26.43mg (32.04%), Phosphorus: 238.81mg (23.88%), Fiber: 5.58g (22.33%), Potassium: 664.51mg (18.99%), Vitamin B2: 0.26mg (15.46%), Zinc: 1.68mg (11.18%), Iron: 1.68mg (9.34%), Manganese: 0.18mg (8.96%), Folate: 28.51µg (7.13%), Vitamin B6: 0.14mg (7.13%), Magnesium: 26.97mg (6.74%), Copper: 0.11mg (5.72%), Vitamin B12: 0.33µg (5.44%), Vitamin B5: 0.51mg (5.11%), Vitamin B3: 0.93mg (4.64%), Vitamin B1: 0.06mg (3.98%), Vitamin K: 3.86µg (3.68%), Vitamin E: 0.47mg (3.14%)