

 **100%**
HEALTH SCORE

Vegetable Lasagna

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cremini mushrooms sliced (brown)
- 1 eggplant whole sliced
- 14 ounces pkt spinach frozen
- 28 ounces tomatoes
- 2 summer squash whole sliced
- 1 package lasagna noodles whole wheat
- 2 zucchini whole sliced

Equipment

- oven
- glass casserole dish

Directions

- Preheat oven to 350F. Cook pasta al dente according to packing instructions and immediately rinse with cold water then pat dry. Set pasta aside and lightly steam or blanch zucchini, squash and eggplant and prepare spinach according to package directions.
 - Spread a very thin layer of marinara sauce on the bottom of a square (9x
 - glass casserole dish.
 - Place 5 noodles side by side covering the bottom.
 - Spread 1/2 of the tofu ricotta on the noodles then spoon marinara on top.
 - Place vegetables on top of ricotta. Then layer mushrooms on top of the vegetables with spinach on top of mushrooms. Spoon more marinara on top of the vegetable and place remaining 5 noodles side-by-side to cover top.
 - Spread remaining tofu ricotta on noodles and spoon remaining marinara on top of ricotta.
 - Bake uncovered 30–35 minutes.
- Nutritional Information**
- Amount Per Serving
 - Calories
 - Fat
 - 20g
 - Carbohydrate
 - gDietary Fiber7gSugars11.30gProtein5.70g

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:33.997390952933%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 266.41kcal (13.32%), Fat: 1.73g (2.65%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 56.48g (18.83%), Net Carbohydrates: 50.75g (18.46%), Sugar: 8.33g (9.26%), Cholesterol: 0mg (0%), Sodium: 518.12mg (22.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.19g (26.39%), Vitamin K: 192.91µg (183.73%), Vitamin A: 6456.27IU (129.13%), Manganese: 2.49mg (124.6%), Selenium: 47.34µg (67.63%), Magnesium: 158.5mg (39.63%), Folate: 153.74µg (38.44%), Vitamin C: 28.03mg (33.98%), Copper: 0.58mg (29.16%), Potassium: 1014.98mg (29%), Vitamin B1: 0.42mg (28.09%), Vitamin B6: 0.55mg (27.63%), Vitamin B3: 5.29mg (26.47%), Phosphorus: 258.01mg (25.8%), Vitamin B2: 0.44mg (25.71%), Iron: 4.45mg (24.74%), Fiber: 5.73g (22.91%), Vitamin E: 3.16mg (21.05%), Zinc: 2.32mg (15.46%), Vitamin B5: 1.38mg (13.79%), Calcium: 122.35mg (12.24%)