



Vegetarian Four Cheese Lasagna

READY IN



75 min.

SERVINGS



75

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce tomato sauce canned
- 1 eggplant sliced into 1/2 inch rounds
- 2 eggs beaten
- 9 ounces feta cheese crumbled
- 1 sheets bigoli pasta fresh
- 1 cup parmesan cheese grated
- 0.7 cup basil pesto
- 2 cups pumpkin diced peeled
- 1 pint ricotta cheese

- 75 servings salt and pepper to taste
- 1.3 cups mozzarella cheese shredded
- 5 tomatoes

Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan
- grill

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place pumpkin on a baking sheet and roast in oven until browned and tender, about 30 minutes. Meanwhile, grill eggplant on a charcoal grill or fry in a skillet, turning once, until charred and tender, 10 to 15 minutes. Halve tomatoes and place on baking sheet in oven for last 15 minutes of pumpkin time; cook until tender and wrinkly.
- In a medium bowl, stir together ricotta, feta, pesto, eggs, salt and pepper until well mixed. Fold roasted pumpkin into ricotta mixture.
- Spoon half of the tomato sauce into a 9x13 baking dish.
- Lay two pasta sheets over the sauce. Arrange a single layer of eggplant slices over pasta and top with half the ricotta mixture. Cover with two more pasta sheets. Arrange the roasted tomatoes evenly over the sheets and spoon the remaining half the ricotta mixture over the tomatoes.
- Sprinkle with half the mozzarella. Top with remaining two sheets of pasta.
- Pour remaining tomato sauce over all and sprinkle with remaining mozzarella and Parmesan.
- Bake in preheated oven 30 to 40 minutes, until golden and bubbly.

Nutrition Facts



■ PROTEIN 20.9% ■ FAT 61.23% ■ CARBS 17.87%

Properties

Glycemic Index:3.55, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:2.4208695603454%

Flavonoids

Delphinidin: 5.23mg, Delphinidin: 5.23mg, Delphinidin: 5.23mg, Delphinidin: 5.23mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 48.57kcal (2.43%), Fat: 3.36g (5.16%), Saturated Fat: 1.63g (10.2%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.83g (0.92%), Cholesterol: 13.93mg (4.64%), Sodium: 323.55mg (14.07%), Alcohol: 0g (100%), Protein: 2.58g (5.16%), Vitamin A: 476.06IU (9.52%), Calcium: 58.9mg (5.89%), Phosphorus: 46.5mg (4.65%), Vitamin B2: 0.07mg (4.12%), Selenium: 2.65µg (3.79%), Vitamin B12: 0.15µg (2.58%), Zinc: 0.36mg (2.37%), Vitamin C: 1.93mg (2.34%), Potassium: 76.14mg (2.18%), Vitamin B6: 0.04mg (2.03%), Manganese: 0.04mg (2.02%), Folate: 7.18µg (1.8%), Fiber: 0.42g (1.67%), Vitamin E: 0.21mg (1.42%), Magnesium: 5.59mg (1.4%), Vitamin B1: 0.02mg (1.32%), Copper: 0.03mg (1.28%), Iron: 0.23mg (1.28%), Vitamin B5: 0.13mg (1.26%), Vitamin K: 1.26µg (1.2%), Vitamin B3: 0.23mg (1.13%)