



Vegetarian Lasagna

READY IN



565 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups tomato basil sauce organic (from 25.5 oz jar)
- ☐ 1 cup zucchini shredded
- ☐ 12 oz curd cottage cheese low-fat ()
- ☐ 9 oz spinach frozen thawed well
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 tablespoons oregano dried fresh chopped
- ☐ 8 lasagne pasta sheets (each 7x3 inches)
- ☐ 4 oz mushroom stems and pieces drained canned
- ☐ 2 cups mozzarella cheese shredded

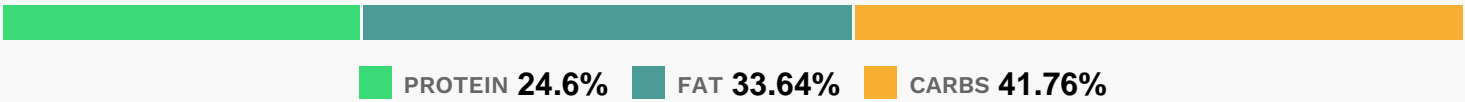
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Spray 12x10-inch sheet of foil with nonstick cooking spray. In medium bowl, combine pasta sauce and zucchini; mix well. In another medium bowl, combine cottage cheese, spinach, Parmesan cheese and oregano; mix well.
- ☐ Spread 1/4 cup sauce mixture in ungreased 8-inch square (2-quart) glass baking dish. Top with 2 lasagna noodles.
- ☐ Spread about 1/2 cup sauce mixture over noodles. Drop 1/2 cup of spinach mixture by small spoonfuls over sauce mixture; spread carefully.
- ☐ Sprinkle with 1/4 of mushrooms and 1/2 cup of the mozzarella cheese.
- ☐ Repeat layers 3 more times, beginning with noodles. Cover with foil, sprayed side down; refrigerate at least 8 hours or overnight.
- ☐ Heat oven to 400°F.
- ☐ Bake covered for 45 minutes.
- ☐ Uncover baking dish; bake an additional 10 minutes or until lasagna is bubbly around edges.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:12.03, Inflammation Score:-10, Nutrition Score:25.478695537733%

Flavonoids

Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 390.31kcal (19.52%), Fat: 14.59g (22.44%), Saturated Fat: 7.15g (44.67%), Carbohydrates: 40.74g (13.58%), Net Carbohydrates: 35.91g (13.06%), Sugar: 7.06g (7.85%), Cholesterol: 44.72mg (14.91%), Sodium: 764.91mg (33.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24g (48%), Vitamin K: 170.43µg (162.32%), Vitamin A: 5685.89IU (113.72%), Selenium: 40.05µg (57.22%), Calcium: 405.97mg (40.6%), Manganese: 0.78mg (38.93%), Phosphorus: 359.25mg (35.93%), Folate: 87.04µg (21.76%), Vitamin B2: 0.36mg (21.36%), Vitamin B12: 1.17µg (19.5%), Fiber: 4.83g (19.31%), Potassium: 655.1mg (18.72%), Magnesium: 73.85mg (18.46%), Zinc: 2.43mg (16.22%), Iron: 2.45mg (13.61%), Vitamin E: 1.75mg (11.65%), Vitamin B6: 0.22mg (11.08%), Copper: 0.21mg (10.67%), Vitamin C: 8.08mg (9.79%), Vitamin B1: 0.11mg (7.59%), Vitamin B5: 0.64mg (6.45%), Vitamin B3: 1.12mg (5.6%), Vitamin D: 0.23µg (1.56%)