



Veggie Lasagna

READY IN



70 min.

SERVINGS



10

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce broccoli frozen thawed chopped
- 10 ounce carrots frozen sliced
- 21.5 ounce cream of mushroom soup canned
- 10 ounce corn kernels frozen
- 2 eggs beaten
- 12 ounce lasagne pasta sheets
- 1 ounce onion soup mix
- 1 cup parmesan cheese grated
- 15 ounce part-skim ricotta

- 2 cups cheddar cheese shredded
- 1 cup cream sour

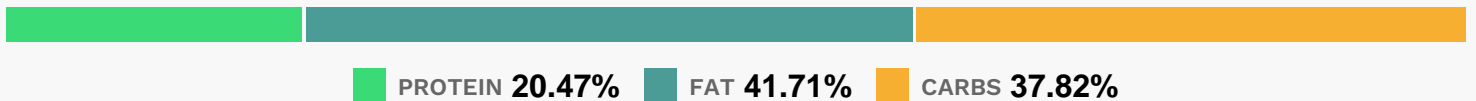
Equipment

- bowl
- oven
- pot
- casserole dish

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13 inch casserole dish.
- Bring a large pot of lightly salted water to a boil.
- Add noodles and cook for 8 to 10 minutes or until al dente; drain.
- In a medium bowl combine eggs, ricotta cheese, mushroom soup, Cheddar cheese, Parmesan cheese, sour cream and soup mix.
- In prepared dish layer noodles, cheese mixture, broccoli, carrots and corn. Repeat layers with remaining ingredients, ending with cheese.
- Bake, covered, in preheated oven for 30 minutes. Uncover and bake an additional 10 minutes.

Nutrition Facts



Properties

Glycemic Index:14.78, Glycemic Load:11.63, Inflammation Score:-10, Nutrition Score:23.397826070371%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 463.07kcal (23.15%), Fat: 21.65g (33.31%), Saturated Fat: 11.52g (72.01%), Carbohydrates: 44.17g (14.72%), Net Carbohydrates: 40.68g (14.79%), Sugar: 5.15g (5.73%), Cholesterol: 93.84mg (31.28%), Sodium: 1144.48mg

(49.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.81%), Vitamin A: 5592.93IU (111.86%), Selenium: 43.1µg (61.57%), Calcium: 429.17mg (42.92%), Phosphorus: 409.26mg (40.93%), Vitamin C: 27.72mg (33.6%), Manganese: 0.67mg (33.3%), Vitamin K: 34.11µg (32.49%), Vitamin B2: 0.43mg (25.37%), Zinc: 3.48mg (23.19%), Folate: 60.52µg (15.13%), Copper: 0.3mg (15.13%), Potassium: 520.68mg (14.88%), Magnesium: 56.38mg (14.09%), Fiber: 3.5g (13.98%), Vitamin B6: 0.25mg (12.25%), Vitamin B12: 0.72µg (12.03%), Vitamin B5: 1.07mg (10.68%), Vitamin B3: 1.99mg (9.96%), Iron: 1.71mg (9.51%), Vitamin B1: 0.13mg (8.42%), Vitamin E: 0.9mg (6.03%), Vitamin D: 0.4µg (2.69%)