



Veggie Lasagna in Parmesan Cream Sauce

READY IN



100 min.

SERVINGS



40

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups broccoli chopped
- 3 Tbsp butter
- 1 cup carrots shredded
- 9 lasagna noodles cooked
- 2 Tbsp flour
- 0.3 cup basil leaves fresh chopped
- 3 cloves garlic minced
- 0.3 tsp ground pepper red (cayenne)
- 2 cups milk

- 2 Tbsp oil
- 0.5 cup onions chopped
- 0.5 cup parmesan cheese grated kraft
- 8 oz polly-o pizza shreds 4 cheese blend divided
- 1 bell pepper red chopped
- 2 cups polly-o original ricotta cheese

Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Heat oven to 375F.
- Melt butter in medium saucepan on low heat. Stir in flour and ground red pepper; cook 2 min. or until hot and bubbly, stirring frequently. Gradually stir in milk; cook on medium heat until mixture boils and thickens, stirring constantly. Simmer on medium-low heat 3 min., stirring constantly.
- Remove from heat. Stir in Parmesan.
- Heat oil in large skillet on medium-high heat.
- Add vegetables and garlic; cook and stir 4 to 5 min. or until crisp-tender.
- Remove from heat.
- Combine ricotta and basil.
- Spread 1/4 cup Parmesan sauce onto bottom of 12x8-inch baking dish sprayed with cooking spray. Cover with layers of 3 noodles, half the ricotta mixture, 1/3 of the vegetable mixture, 3/4 cup of the shredded cheese and 1/3 of the remaining Parmesan sauce. Repeat layers of noodles, ricotta mixture, vegetable mixture, shredded cheese and Parmesan sauce. Top with layers of remaining noodles, Parmesan sauce, vegetable mixture and shredded cheese; cover.
- Bake 1 hour or until heated through, uncovering for the last 5 min.

Nutrition Facts

PROTEIN 19.59% FAT 51.43% CARBS 28.98%

Properties

Glycemic Index:11.46, Glycemic Load:2.72, Inflammation Score:-5, Nutrition Score:4.0526086921277%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 94.34kcal (4.72%), Fat: 5.49g (8.44%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 6.34g (2.3%), Sugar: 1.18g (1.31%), Cholesterol: 10.01mg (3.34%), Sodium: 62.38mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.41%), Vitamin A: 807.46IU (16.15%), Vitamin C: 10.15mg (12.3%), Selenium: 6.37µg (9.1%), Vitamin K: 8.85µg (8.42%), Calcium: 69.98mg (7%), Phosphorus: 55.63mg (5.56%), Manganese: 0.08mg (3.95%), Vitamin B2: 0.06mg (3.73%), Vitamin B6: 0.05mg (2.55%), Fiber: 0.62g (2.49%), Folate: 9.87µg (2.47%), Zinc: 0.37mg (2.46%), Potassium: 82.41mg (2.35%), Vitamin E: 0.31mg (2.1%), Vitamin B12: 0.13µg (2.1%), Magnesium: 8.34mg (2.08%), Iron: 0.33mg (1.83%), Vitamin B1: 0.02mg (1.63%), Vitamin B5: 0.15mg (1.54%), Copper: 0.02mg (1.24%), Vitamin D: 0.17µg (1.1%), Vitamin B3: 0.21mg (1.06%)