



Veggie Lasagna in Parmesan Cream Sauce

 Popular

READY IN



100 min.

SERVINGS



9

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

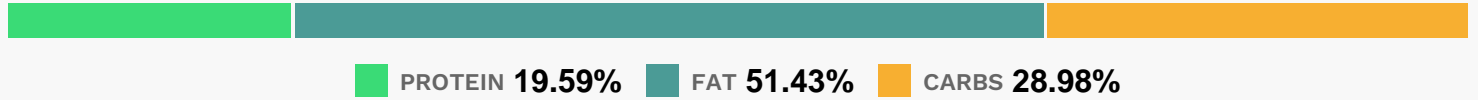
- frying pan
- sauce pan
- oven
- baking pan

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



Properties

Glycemic Index:50.93, Glycemic Load:12.08, Inflammation Score:-10, Nutrition Score:18.013043134109%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 419.28kcal (20.96%), Fat: 24.4g (37.53%), Saturated Fat: 8.62g (53.86%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 28.17g (10.24%), Sugar: 5.22g (5.8%), Cholesterol: 44.49mg (14.83%), Sodium: 277.24mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.82%), Vitamin A: 3588.73IU (71.77%), Vitamin C: 45.11mg (54.67%), Selenium: 28.33µg (40.46%), Vitamin K: 39.31µg (37.44%), Calcium: 311.04mg (31.1%), Phosphorus: 247.26mg (24.73%), Manganese: 0.35mg (17.55%), Vitamin B2: 0.28mg (16.58%), Vitamin B6: 0.23mg (11.35%), Fiber: 2.76g (11.05%), Folate: 43.88µg (10.97%), Zinc: 1.64mg (10.95%), Potassium: 366.29mg (10.47%), Vitamin B12: 0.56µg (9.33%), Vitamin E: 1.4mg (9.32%), Magnesium: 37.06mg (9.26%), Iron: 1.46mg (8.12%), Vitamin B1: 0.11mg (7.23%), Vitamin B5: 0.68mg (6.84%), Copper: 0.11mg (5.49%), Vitamin D: 0.73µg (4.9%), Vitamin B3: 0.94mg (4.72%)