



Veggie lasagne

READY IN



75 min.

SERVINGS



4

CALORIES



292 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp cooking oil
- ☐ 1 onion sliced
- ☐ 1 garlic clove sliced
- ☐ 1 eggplant cut into chunks
- ☐ 1 bell pepper red
- ☐ 8 plum tomatoes halved
- ☐ 350 ml passata
- ☐ 200 g lasagna noodles
- ☐ 6 tbsp crème fraîche

☐ 2 tbsp parmesan grated (or vegetarian alternative)

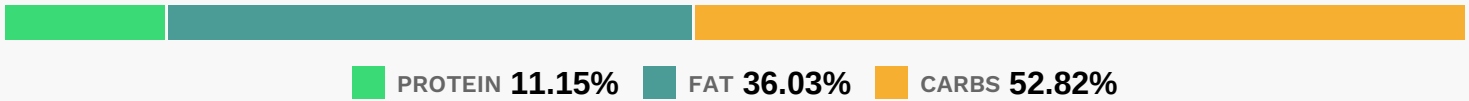
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Toss oil and vegetables together and roast in a large, shallow tin for 35 mins until lightly charred. Spoon a layer of roasted veg over the bottom of a medium-size baking dish.
- ☐ Pour over some passata and cover with a layer of lasagne sheets. Repeat layers to use up all the roasted veg and passata, finishing with a layer of lasagne. Use a spoon to dollop over the crme frache, then sprinkle with the Parmesan. Return to the oven for 25 mins, until the lasagne is heated through and the top is golden and bubbling.

Nutrition Facts



Properties

Glycemic Index:58.13, Glycemic Load:10.34, Inflammation Score:-9, Nutrition Score:22.205652234995%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 10.24mg, Quercetin: 10.24mg, Quercetin: 10.24mg, Quercetin: 10.24mg

Nutrients (% of daily need)

Calories: 292.25kcal (14.61%), Fat: 12.37g (19.03%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 40.81g (13.6%), Net Carbohydrates: 32.13g (11.68%), Sugar: 15.11g (16.78%), Cholesterol: 12.32mg (4.11%), Sodium: 82.93mg (3.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.23%), Vitamin C: 69.82mg (84.63%), Vitamin A: 2594.56IU (51.89%), Manganese: 0.81mg (40.4%), Fiber: 8.69g (34.75%), Potassium: 1114.72mg (31.85%), Vitamin E: 4.64mg (30.93%), Copper: 0.5mg (25.17%), Vitamin B6: 0.47mg (23.75%), Vitamin K: 23.83µg (22.7%), Selenium:

15.69µg (22.42%), Folate: 77.65µg (19.41%), Magnesium: 69.34mg (17.34%), Iron: 3.12mg (17.31%), Phosphorus: 171.11mg (17.11%), Vitamin B3: 3.39mg (16.94%), Vitamin B2: 0.22mg (13.06%), Vitamin B5: 1.1mg (10.99%), Vitamin B1: 0.16mg (10.56%), Calcium: 100.39mg (10.04%), Zinc: 1.24mg (8.27%), Vitamin B12: 0.07µg (1.13%)