



HEALTH SCORE

100%

Veggie No-Noodle Lasagna



Gluten Free



Very Healthy

READY IN



100 min.

SERVINGS



5

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb portabello mushrooms sliced ()
- 1 teaspoon basil
- 1 teaspoon basil
- 30 ounce tomato sauce organic canned ()
- 15 ounce canned tomatoes diced organic canned ()
- 1 cup carrots boiled sliced (and)
- 2 egg whites
- 1 large eggplant

- 4 garlic clove finely chopped ()
- 1.3 lbs pd of ground turkey drained ()
- 15 ounces part-skim ricotta low-fat
- 1.5 teaspoons olive oil
- 1 teaspoon oregano
- 1 teaspoon parsley
- 0.8 cup part-skim mozzarella cheese shredded ()
- 2 cups part-skim mozzarella cheese shredded ()
- 2 large portabello mushrooms
- 0.3 teaspoon salt
- 26 ounce pasta sauce organic (Classico Tomato, Herb & Spices)
- 16 ounces spinach frozen dry thawed (and squeezed)
- 3 medium summer squash
- 3 medium zucchini

Equipment

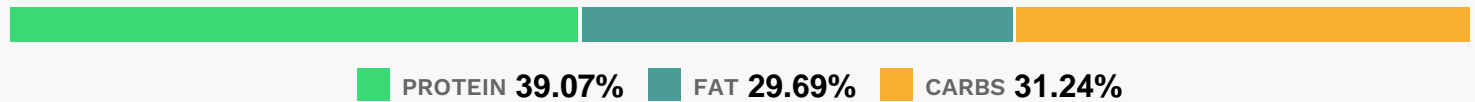
- bowl
- frying pan
- oven
- pot
- casserole dish

Directions

- Add half the olive oil, salt, and ground turkey to large pot and brown.
- Drain turkey of all fat.
- Add remaining olive oil to pan with sliced mushrooms and brown. Once caramelization has begun, add garlic to mushrooms.
- Saute one to two minutes.
- Add carrots, spinach, tomato sauce, diced tomatoes, spaghetti sauce, and turkey back to pan.

- Mix well.Slice eggplant, summer squash, zucchini, and portabello into 1/4" thick slices (lengthwise).
- Place on sheet pan (as much as can fit in one layer at a time) and cook for 3–4 minutes on each side in 450 degree oven.In a separate bowl, mix ricotta cheese, 2 cups shredded mozzarella, and egg whites in a bowl along with the basil, oregano, and parsley.Begin lasagna by placing 1/5 of the sauce in the bottom of a large casserole dish (11x15 or larger).
- Layer eggplant on top, then 1/4 of egg/cheese mixture. Repeat next layer with sauce, summer squash, and cheese. Then sauce, portabello mushrooms, and cheese. Then sauce, zucchini, and cheese. Finish the lasagna with the last 1/5 of the sauce and top with remaining 3/4 cup shredded mozzarella.Cook in oven at 350 degrees for 45 minutes or until bubbly and cheese is golden on top.

Nutrition Facts



Properties

Glycemic Index:91.77, Glycemic Load:10.24, Inflammation Score:-10, Nutrition Score:71.10565237377%

Flavonoids

Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg, Delphinidin: 78.49mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 651.62kcal (32.58%), Fat: 22.95g (35.31%), Saturated Fat: 11.61g (72.58%), Carbohydrates: 54.36g (18.12%), Net Carbohydrates: 37.58g (13.67%), Sugar: 29.8g (33.11%), Cholesterol: 128.16mg (42.72%), Sodium: 2409.05mg (104.74%), Alcohol: 0g (100%), Protein: 67.96g (135.92%), Vitamin K: 371.37µg (353.68%), Vitamin A: 17625.59IU (352.51%), Vitamin B6: 2.41mg (120.28%), Selenium: 82.65µg (118.07%), Vitamin B3: 23.37mg (116.85%), Phosphorus: 1116.34mg (111.63%), Manganese: 1.97mg (98.33%), Calcium: 975.47mg (97.55%), Vitamin C: 80.4mg (97.45%), Potassium: 3392.42mg (96.93%), Vitamin B2: 1.46mg (86.01%), Folate: 320.56µg (80.14%), Fiber: 16.78g (67.13%), Copper: 1.34mg (66.89%), Vitamin E: 9.49mg (63.27%), Magnesium: 252.58mg (63.15%), Zinc: 7.9mg (52.66%), Iron: 8.98mg (49.88%), Vitamin B5: 4.76mg (47.63%), Vitamin B1: 0.57mg (37.72%), Vitamin B12: 1.4µg (23.38%), Vitamin D: 1.1µg (7.31%)