



 **74%**
HEALTH SCORE

Veggie-rific Noodle-Free Lasagna

 **Gluten Free**  **Very Healthy**

READY IN



90 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups tomatoes canned crushed
- 1 large eggplant sliced lengthwise
- 1 cup ricotta cheese fat-free
- 1 tablespoon basil fresh chopped
- 0.3 teaspoon garlic powder
- 1 Dash ground nutmeg
- 0.3 teaspoon penzey's southwest seasoning italian
- 2 tablespoons liquid egg substitute fat-free

- 0.3 teaspoon onion powder
- 0.5 cup part-skim mozzarella cheese shredded
- 1 large portabella mushroom sliced into strips
- 0.3 teaspoon salt
- 1 tablespoon topping parmesan-style grated reduced-fat
- 1 cup soy crumbles frozen ground-beef-style thawed
- 16 ounce pkt spinach frozen dry thawed drained chopped
- 3 medium zucchini sliced lengthwise

Equipment

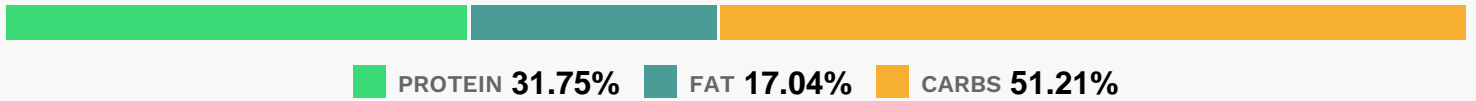
- bowl
- frying pan
- paper towels
- oven
- stove
- grill pan

Directions

- Preheat oven to 425 degrees F.
- Lay several paper towels next to the stove; as you cook the veggies, transfer them to the paper towels to drain excess moisture.
- Bring a very large grill pan sprayed with nonstick spray to medium-high heat on the stove.
- Add zucchini, portabella mushroom, and eggplant, and cook until softened, about 2 minutes per side. Set aside.
- In a large bowl, combine crushed tomatoes with garlic powder, onion powder, and Italian seasoning.
- Mix well and set aside.
- In another large bowl, combine spinach, egg substitute, ricotta cheese, basil, salt, and nutmeg.
- Mix thoroughly and set aside.

- Evenly coat the bottom of an 8-inch by 8-inch pan with about half of the seasoned crushed tomatoes. Evenly layer half of the sliced veggies over the tomatoes.
- Spread half of the spinach mixture into an even layer over the veggies. Top evenly with soy crumbles.
- Evenly layer remaining veggies into the pan, placing them perpendicular to the first layer, followed by the remaining spinach mixture. Evenly cover with remaining seasoned crushed tomatoes. Evenly distribute mozzarella cheese and grated topping over the crushed tomatoes.
- Bake in the oven until lasagna is hot and mozzarella cheese is golden brown, about 30 minutes.
- Allow to cool slightly, cut into quarters, and enjoy!

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:3.99, Inflammation Score:-10, Nutrition Score:41.624347800794%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 266.6kcal (13.33%), Fat: 5.37g (8.26%), Saturated Fat: 2.05g (12.78%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 24.32g (8.84%), Sugar: 18.56g (20.62%), Cholesterol: 18.85mg (6.28%), Sodium: 676.43mg (29.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.52g (45.04%), Vitamin K: 441.8µg (420.76%), Vitamin A: 13991.74IU (279.83%), Manganese: 1.6mg (80.13%), Folate: 250.23µg (62.56%), Vitamin C: 46.38mg (56.22%), Fiber: 12.01g (48.05%), Vitamin B6: 0.94mg (46.77%), Potassium: 1557.7mg (44.51%), Calcium: 441.99mg (44.2%), Magnesium: 159.84mg (39.96%), Vitamin B1: 0.59mg (39.29%), Vitamin B2: 0.64mg (37.82%), Vitamin E: 5.63mg (37.5%), Vitamin B3: 6.84mg (34.19%), Iron: 5.99mg (33.29%), Copper: 0.64mg (32.22%), Phosphorus: 318.92mg (31.89%), Vitamin B12: 1.86µg (30.98%), Selenium: 17.58µg (25.11%), Zinc: 2.48mg (16.54%), Vitamin B5: 1.46mg (14.58%), Vitamin D: 0.23µg (1.55%)