



Zucchini and Basil Lasagna

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs
- ☐ 2 cups curd cottage cheese fat-free
- ☐ 1 cup basil fresh chopped
- ☐ 9 oven-ready lasagna noodles (such as Barilla)
- ☐ 0.5 cup onion chopped
- ☐ 6 ounces part-skim mozzarella cheese shredded
- ☐ 2 cups bottled spicy tomato pasta sauce (such as Newman's Own)
- ☐ 4 cups zucchini chopped

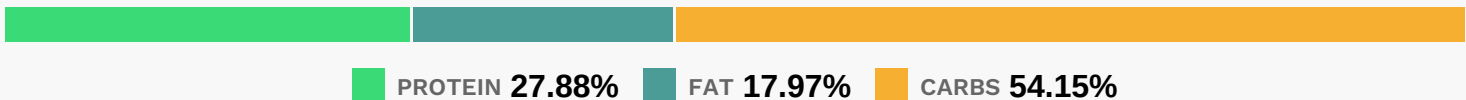
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 3 ingredients in a food processor; process until smooth.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add zucchini and onion; saut 5 minutes or until tender. Stir in sauce; remove from heat.
- ☐ Spread 1/4 cup zucchini mixture in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 noodles over zucchini mixture; top with one-third cottage cheese mixture, one-third zucchini mixture, and one-third mozzarella. Repeat procedure with the remaining noodles, cottage cheese mixture, zucchini mixture, and mozzarella.
- ☐ Cover and bake at 350 for 45 minutes. Uncover and bake an additional 15 minutes or until lasagna is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:10.93, Inflammation Score:-6, Nutrition Score:14.4482610433%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 250.42kcal (12.52%), Fat: 5.03g (7.74%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 34.11g (11.37%), Net Carbohydrates: 31.35g (11.4%), Sugar: 6.31g (7.01%), Cholesterol: 40.81mg (13.6%), Sodium: 648.36mg (28.19%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.56g (35.12%), Selenium: 30.75µg (43.93%), Phosphorus: 322.38mg (32.24%), Manganese: 0.53mg (26.39%), Calcium: 251.08mg (25.11%), Vitamin C: 16.67mg (20.2%), Vitamin B2: 0.34mg (20.16%), Vitamin K: 17.26µg (16.44%), Potassium: 541.32mg (15.47%), Vitamin A: 688.2IU (13.76%), Magnesium: 51.82mg (12.95%), Vitamin B6: 0.26mg (12.85%), Copper: 0.24mg (11.83%), Zinc: 1.75mg (11.68%), Fiber: 2.76g (11.06%), Folate: 39.94µg (9.98%), Iron: 1.58mg (8.8%), Vitamin B5: 0.83mg (8.35%), Vitamin B12: 0.49µg (8.16%), Vitamin B3: 1.57mg (7.85%), Vitamin E: 1.12mg (7.45%), Vitamin B1: 0.1mg (6.39%), Vitamin D: 0.19µg (1.26%)