



## Zucchini Eggplant Lasagna

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 large eggplant
- ☐ 1 cup basil leaves fresh chopped
- ☐ 3 garlic cloves chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 8 ounce precooked lasagna noodles
- ☐ 2 teaspoons olive oil

- ☐ 0.8 cup onion chopped ( 1 medium onion)
- ☐ 0.5 teaspoon oregano fresh chopped
- ☐ 10 ounces part-skim mozzarella cheese shredded
- ☐ 8 ounces part-skim ricotta cheese
- ☐ 0.8 teaspoon salt divided
- ☐ 2 medium zucchini cut into 1/4-inch-thick slices

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

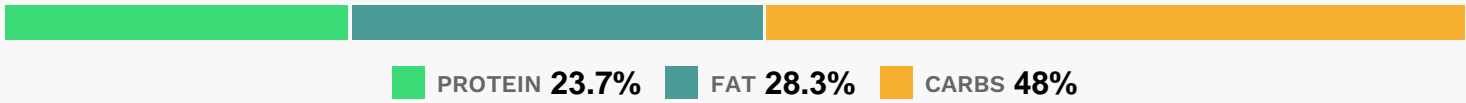
## Directions

- ☐ Preheat oven to 35
- ☐ Arrange eggplant slices in a single layer on several layers of paper towels.
- ☐ Sprinkle evenly with 1/2 teaspoon salt; let stand 15 minutes.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add onion and garlic to pan; saut 2 minutes, stirring frequently.
- ☐ Add remaining 1/4 teaspoon salt, 1/4 teaspoon black pepper, oregano, red pepper, and tomatoes; bring to a boil. Reduce heat, and simmer for 10 minutes, stirring occasionally.
- ☐ Combine basil, ricotta, and remaining 1/2 teaspoon black pepper in a small bowl.
- ☐ Spread 1/2 cup tomato mixture into the bottom of a 13 x 9inch baking dish coated with cooking spray. Arrange 4 noodles over tomato mixture; top with half of eggplant and half of zucchini.
- ☐ Spread ricotta mixture over vegetables; cover with 4 noodles.
- ☐ Spread 1 cup tomato mixture over noodles; layer with remaining eggplant and zucchini slices. Arrange remaining 4 noodles over vegetables, and spread remaining tomato mixture over

noodles. Top evenly with mozzarella. Cover with foil coated with cooking spray.

- ☐
- Bake at 350 for 35 minutes. Uncover and bake an additional 25 minutes or until browned.  
Cool for 5 minutes.

## Nutrition Facts



### Properties

Glycemic Index:26.75, Glycemic Load:7.77, Inflammation Score:-6, Nutrition Score:12.428695580234%

### Flavonoids

Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

### Nutrients (% of daily need)

Calories: 204.54kcal (10.23%), Fat: 6.6g (10.16%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 21.58g (7.85%), Sugar: 6.35g (7.05%), Cholesterol: 20.98mg (6.99%), Sodium: 407.7mg (17.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.89%), Calcium: 280.48mg (28.05%), Selenium: 19.25µg (27.51%), Manganese: 0.51mg (25.71%), Phosphorus: 227.98mg (22.8%), Vitamin C: 14.12mg (17.12%), Vitamin K: 16.27µg (15.49%), Fiber: 3.62g (14.49%), Potassium: 478.77mg (13.68%), Vitamin B6: 0.26mg (12.89%), Copper: 0.25mg (12.62%), Vitamin B2: 0.2mg (11.94%), Magnesium: 45.68mg (11.42%), Zinc: 1.56mg (10.42%), Vitamin A: 519.08IU (10.38%), Folate: 36.34µg (9.09%), Iron: 1.6mg (8.87%), Vitamin B3: 1.61mg (8.03%), Vitamin E: 1.18mg (7.9%), Vitamin B1: 0.11mg (7.44%), Vitamin B5: 0.53mg (5.27%), Vitamin B12: 0.25µg (4.14%)