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Low-Carb Veggie Lasagna

A delicious vegetarian lasagna made with low-carb ingredients. This lasagna is packed with vegetables and is a healthy alternative to traditional lasagna.

Recipe Type: Vegetarian

Prep Time: 30 mins

Cook Time: 60 mins

Total Time: 90 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

500 g	zucchini
500 g	eggplant
250 g	mozzarella cheese
100 g	parmesan cheese
2 c	tomato sauce
200 g	spinach

250 g	ricotta cheese
3 cloves	garlic
2 tbsp	olive oil
1 tsp	Salt
1 tsp	Pepper
1 tsp	Dried Oregano

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the zucchini and eggplant into thin strips.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Sautéing

In a large skillet, heat olive oil over medium heat. Add garlic and cook until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Sautéing

Add spinach to the skillet and cook until wilted. Season with salt and pepper.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Layering

In a baking dish, spread a layer of tomato sauce. Place a layer of zucchini and eggplant strips on top.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Layering

Spread a layer of ricotta cheese on top of the vegetables. Sprinkle with grated Parmesan cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Layering

Repeat steps 5 and 6 until all the ingredients are used, ending with a layer of tomato sauce and mozzarella cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Baking

Cover the baking dish with aluminum foil and bake for 45 minutes.

Prep Time: 5 mins

Cook Time: 45 mins

Step 9

Baking

Remove the foil and bake for an additional 15 minutes, or until the cheese is golden and bubbly.

Prep Time: 5 mins

Cook Time: 15 mins

Step 10

Resting

Let the lasagna cool for a few minutes before serving.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	5 mg	384.62%	384.62%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%
Zinc	6 mg	54.55%	75%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Nutritional Content

Low Carb

High Fiber

Low Sodium

High Iron

High Calcium

Course

Salads

Snacks

Sauces & Dressings

Cuisines

Italian

Chinese

Mexican

American

Middle Eastern

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Dinner

Brunch

Supper

Kitchen Tools

Blender

Mixer

Oven

Stove

Difficulty Level

Medium

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