



## Artichoke-Spinach Lasagna

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup onion chopped
- 4 cloves garlic finely chopped
- 14 oz vegetable stock canned
- 1 tablespoon rosemary dried fresh chopped
- 14 oz artichoke hearts drained coarsely chopped canned
- 9 oz spinach frozen thawed chopped
- 15 oz alfredo sauce
- 9 lasagne pasta sheets uncooked

- 12 oz mozzarella cheese shredded
- 4 oz feta cheese crumbled (1 cup)
- 1 sprigs rosemary
- 1 serving lemon wedges

## Equipment

- frying pan
- oven
- baking pan
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- Spray 12-inch skillet with cooking spray; heat over medium-high heat.
- Add onion and garlic; cook about 3 minutes, stirring occasionally, until onion is crisp-tender. Stir in broth and rosemary.
- Heat to boiling. Stir in artichokes and spinach; reduce heat. Cover; simmer 5 minutes. Stir in pasta sauce.
- Spread 1/4 of the artichoke mixture in bottom of baking dish; top with 3 noodles.
- Sprinkle with 3/4 cup of the mozzarella cheese. Repeat layers twice.
- Spread with remaining artichoke mixture; sprinkle with remaining mozzarella cheese.
- Sprinkle with feta cheese.
- Cover and bake 40 minutes. Uncover and bake about 15 minutes longer or until noodles are tender and lasagna is bubbly.
- Let stand 10 to 15 minutes before cutting.
- Garnish with rosemary sprigs and lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:45.44, Glycemic Load:10.53, Inflammation Score:-10, Nutrition Score:20.731304313826%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

## Nutrients (% of daily need)

Calories: 408kcal (20.4%), Fat: 21.98g (33.82%), Saturated Fat: 11.96g (74.76%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 29.24g (10.63%), Sugar: 3.58g (3.98%), Cholesterol: 81.08mg (27.03%), Sodium: 1193.38mg (51.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.01g (38.02%), Vitamin K: 119.97µg (114.26%), Vitamin A: 4201.33IU (84.03%), Selenium: 31.45µg (44.93%), Calcium: 340.79mg (34.08%), Manganese: 0.57mg (28.65%), Phosphorus: 278.87mg (27.89%), Vitamin B12: 1.21µg (20.15%), Vitamin B2: 0.34mg (19.75%), Folate: 62.19µg (15.55%), Zinc: 2.32mg (15.44%), Magnesium: 53.78mg (13.44%), Fiber: 3.01g (12.05%), Vitamin B6: 0.21mg (10.53%), Iron: 1.42mg (7.86%), Copper: 0.16mg (7.8%), Vitamin E: 1.07mg (7.13%), Potassium: 245mg (7%), Vitamin B1: 0.1mg (6.79%), Vitamin B3: 0.91mg (4.53%), Vitamin C: 3.19mg (3.87%), Vitamin B5: 0.38mg (3.84%), Vitamin D: 0.23µg (1.51%)