



Artichoke Spinach Lasagna



Vegetarian



Popular

READY IN



80 min.

SERVINGS



8

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce herb and garlic feta crumbled
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 4 cloves garlic chopped
- ☐ 9 lasagna noodles uncooked
- ☐ 14 ounce marinated artichoke hearts drained chopped canned
- ☐ 1 onion chopped
- ☐ 28 ounce tomato pasta sauce
- ☐ 3 cups mozzarella cheese shredded divided

- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 14.5 ounce vegetable broth canned

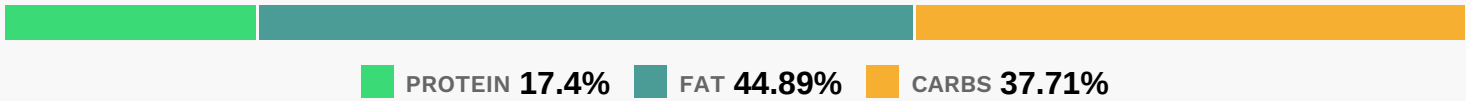
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13 inch baking dish with cooking spray.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add noodles and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Spray a large skillet with cooking spray and heat on medium-high.
- ☐ Saute onion and garlic for 3 minutes, or until onion is tender-crisp. Stir in broth and rosemary; bring to a boil. Stir in artichoke hearts and spinach; reduce heat, cover and simmer 5 minutes. Stir in pasta sauce.
- ☐ Spread 1/4 of the artichoke mixture in the bottom of the prepared baking dish; top with 3 cooked noodles.
- ☐ Sprinkle 3/4 cup mozzarella cheese over noodles. Repeat layers 2 more times, ending with artichoke mixture and mozzarella cheese.
- ☐ Sprinkle crumbled feta on top.
- ☐ Bake, covered, for 40 minutes. Uncover, and bake 15 minutes more, or until hot and bubbly.
- ☐ Let stand 10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:12.12, Inflammation Score:-10, Nutrition Score:24.203478154929%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 391.46kcal (19.57%), Fat: 19.79g (30.45%), Saturated Fat: 8.95g (55.94%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 32.59g (11.85%), Sugar: 6.57g (7.3%), Cholesterol: 48.59mg (16.2%), Sodium: 1233.74mg (53.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.26g (34.53%), Vitamin K: 135.68µg (129.22%), Vitamin A: 5482.17IU (109.64%), Selenium: 30.05µg (42.93%), Manganese: 0.7mg (35.12%), Calcium: 294.91mg (29.49%), Phosphorus: 258.82mg (25.88%), Vitamin C: 20.85mg (25.28%), Fiber: 4.82g (19.27%), Folate: 71.85µg (17.96%), Vitamin E: 2.57mg (17.17%), Magnesium: 68.53mg (17.13%), Vitamin B2: 0.29mg (16.9%), Vitamin B12: 0.96µg (15.96%), Potassium: 547.23mg (15.64%), Iron: 2.64mg (14.69%), Zinc: 2.13mg (14.2%), Copper: 0.27mg (13.57%), Vitamin B6: 0.25mg (12.72%), Vitamin B3: 1.77mg (8.85%), Vitamin B1: 0.11mg (7.17%), Vitamin B5: 0.56mg (5.63%), Vitamin D: 0.17µg (1.12%)