



Cheesy Spinach Lasagna

READY IN



55 min.

SERVINGS



12

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon
- 0.5 cup creamed cottage cheese
- 16 ounce cream cheese
- 2 eggs
- 20 ounce pkt spinach frozen chopped
- 1 dash garlic powder
- 12 ounce lasagna noodles
- 2 cups provolone cheese shredded

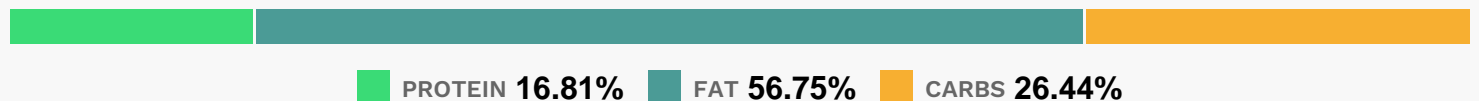
Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- hand mixer

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add lasagna pasta and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water.
- Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown.
- Drain, crumble and set aside. Cook spinach according to directions; drain well.
- In a bowl beat the cream cheese on medium speed with electric mixer.
- Add eggs and beat until fluffy. Stir in provolone cheese, cottage cheese, bacon and garlic powder.
- Layer half of lasagna noodles in a greased baking dish.
- Spread with half of cheese mixture and half of the spinach. Top with the remaining lasagna noodles, spinach and cheese.
- Cover and bake in a preheated oven for 30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:9.28, Inflammation Score:-10, Nutrition Score:21.559999922047%

Nutrients (% of daily need)

Calories: 393.36kcal (19.67%), Fat: 24.99g (38.45%), Saturated Fat: 13.34g (83.36%), Carbohydrates: 26.21g (8.74%), Net Carbohydrates: 23.93g (8.7%), Sugar: 2.87g (3.19%), Cholesterol: 89.38mg (29.79%), Sodium: 426.1mg (18.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.31%), Vitamin K: 177.1µg (168.66%), Vitamin A: 6297.61IU (125.95%), Selenium: 32.51µg (46.44%), Manganese: 0.6mg (30.12%), Calcium: 281.82mg (28.18%), Phosphorus: 270.61mg (27.06%), Folate: 83.72µg (20.93%), Vitamin B2: 0.34mg (19.83%), Magnesium: 62.93mg (15.73%), Vitamin E: 1.91mg (12.72%), Zinc: 1.82mg (12.16%), Vitamin B6: 0.2mg (10.23%), Potassium: 348.06mg (9.94%), Vitamin B12: 0.56µg (9.37%), Fiber: 2.28g (9.11%), Iron: 1.6mg (8.88%), Copper: 0.17mg (8.75%), Vitamin B1: 0.12mg (7.9%), Vitamin B5: 0.71mg (7.09%), Vitamin B3: 1.25mg (6.23%), Vitamin C: 2.6mg (3.15%), Vitamin D: 0.31µg (2.06%)