



## Cheesy Spinach Lasagna

READY IN



55 min.

SERVINGS



8

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 ounce canadian bacon chopped
- ☐ 16 ounce ricotta cheese fat-free
- ☐ 10 ounce pkt spinach frozen thawed drained chopped well
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 9 lasagna noodles uncooked
- ☐ 0.5 small onion diced
- ☐ 0.5 cup parmesan cheese grated
- ☐ 8 ounces part-skim mozzarella cheese shredded divided

- ☐ 26 ounce pasta sauce low-fat
- ☐ 0.3 teaspoon salt

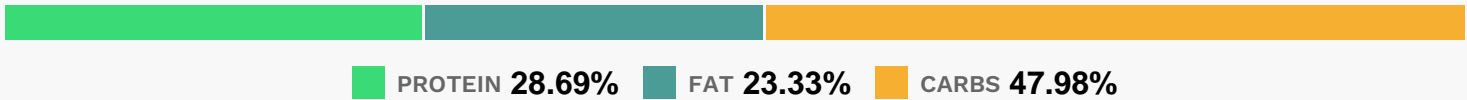
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Cook pasta according to package directions; set aside.
- ☐ Stir together 1 1/2 cups mozzarella cheese, ricotta cheese, and next 5 ingredients.
- ☐ Saut chopped Canadian bacon and diced onion in a skillet coated with cooking spray over medium heat 5 to 6 minutes or until onion is tender. Stir into cheese mixture.
- ☐ Spread 1/2 cup pasta sauce on bottom of an 11- x 7-inch baking dish coated with cooking spray.
- ☐ Layer with 3 noodles and 1/2 cup pasta sauce; top with half of cheese mixture. Repeat layers once, ending with remaining cheese mixture. Top with remaining 3 noodles and remaining pasta sauce.
- ☐ Bake at 350 for 30 minutes.
- ☐ Sprinkle with remaining 1/2 cup mozzarella cheese; bake 5 more minutes or until cheese melts.
- ☐ Let stand 5 minutes.
- ☐ NOTE: Freeze individual portions as desired. To reheat, bake, covered at 300' for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:11.13, Inflammation Score:-10, Nutrition Score:23.830000245053%

## Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 312.66kcal (15.63%), Fat: 7.97g (12.27%), Saturated Fat: 4.22g (26.36%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 33.28g (12.1%), Sugar: 6.69g (7.43%), Cholesterol: 37.97mg (12.66%), Sodium: 978.36mg (42.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.06g (44.12%), Vitamin K: 136.57µg (130.07%), Vitamin A: 4749.04IU (94.98%), Selenium: 31.59µg (45.13%), Calcium: 438.93mg (43.89%), Manganese: 0.67mg (33.38%), Phosphorus: 300.91mg (30.09%), Folate: 70.21µg (17.55%), Magnesium: 68.87mg (17.22%), Vitamin E: 2.53mg (16.87%), Vitamin B2: 0.29mg (16.86%), Potassium: 550.17mg (15.72%), Fiber: 3.62g (14.46%), Zinc: 2.07mg (13.77%), Vitamin B6: 0.27mg (13.67%), Copper: 0.27mg (13.34%), Iron: 2.24mg (12.44%), Vitamin B3: 2.34mg (11.72%), Vitamin B1: 0.17mg (11.58%), Vitamin C: 8.73mg (10.58%), Vitamin B12: 0.39µg (6.47%), Vitamin B5: 0.56mg (5.61%), Vitamin D: 0.41µg (2.76%)