



HEALTH SCORE

58%

Crabmeat-and-Spinach Lasagna

READY IN



95 min.

SERVINGS



8

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings garnish: basil leaves fresh
- ☐ 2 tablespoons butter
- ☐ 0.5 cup celery finely chopped
- ☐ 24 ounce cartons cream sour
- ☐ 0.3 cup basil fresh chopped
- ☐ 20 ounce pkt spinach frozen thawed drained chopped well
- ☐ 3 garlic cloves minced
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.1 teaspoon ground pepper white

- ☐ 9 lasagna noodles uncooked
- ☐ 1 pound lump crab meat fresh drained
- ☐ 0.5 cup onion finely chopped
- ☐ 16 ounces mozzarella and provolone cheese shredded divided
- ☐ 1 bell pepper red finely chopped
- ☐ 0.3 teaspoon salt

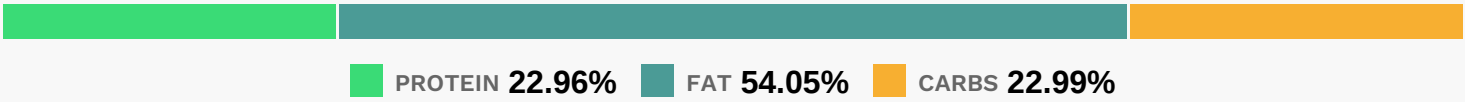
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook noodles according to package directions; drain and set aside.
- ☐ Melt butter in a large skillet over medium-high heat; add celery and next 3 ingredients. Saut 4 to 5 minutes or until vegetables are tender.
- ☐ Combine sour cream and next 4 ingredients in a bowl; stir in vegetable mixture and spinach.
- ☐ Add crabmeat; toss.
- ☐ Arrange 3 lasagna noodles in bottom of a lightly greased 13- x 9- inch baking dish; top with half of crabmeat mixture. Top with half of cheese. Repeat layers with 3 lasagna noodles and remaining crabmeat mixture. Top with remaining 3 lasagna noodles.
- ☐ Cover and bake at 350 for 50 minutes or until thoroughly heated. Uncover and top evenly with remaining 2 cups cheese.
- ☐ Bake, uncovered, 15 minutes or until cheese is melted.
- ☐ Let stand 10 minutes before serving.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Sargento Chef Style Mozzarella & Provolone cheese blend.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:10.34, Inflammation Score:-10, Nutrition Score:38.776521708654%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 588.94kcal (29.45%), Fat: 35.72g (54.95%), Saturated Fat: 19.06g (119.15%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 30.46g (11.08%), Sugar: 5.68g (6.31%), Cholesterol: 113.11mg (37.7%), Sodium: 1078.94mg (46.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.14g (68.27%), Vitamin K: 280.26µg (266.91%), Vitamin A: 10117.75IU (202.35%), Vitamin B12: 6.11µg (101.88%), Selenium: 56.43µg (80.61%), Calcium: 652.67mg (65.27%), Phosphorus: 576.77mg (57.68%), Manganese: 0.91mg (45.58%), Zinc: 6.43mg (42.84%), Folate: 157.14µg (39.28%), Copper: 0.77mg (38.46%), Vitamin C: 29.47mg (35.72%), Vitamin B2: 0.55mg (32.39%), Magnesium: 127.73mg (31.93%), Vitamin B6: 0.41mg (20.33%), Potassium: 692.33mg (19.78%), Vitamin E: 2.93mg (19.53%), Fiber: 3.73g (14.92%), Iron: 2.65mg (14.71%), Vitamin B1: 0.16mg (10.98%), Vitamin B5: 1.05mg (10.47%), Vitamin B3: 1.9mg (9.49%), Vitamin D: 0.28µg (1.89%)