



HEALTH SCORE

93%

Creamy Spinach Lasagna



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 ounces flour all-purpose
- ☐ 2 garlic minced
- ☐ 0.3 teaspoon pepper red
- ☐ 3 cups milk 2% reduced-fat
- ☐ 26 ounce tomatoes divided
- ☐ 1 tablespoon olive oil
- ☐ 2.3 cups onion chopped (2 medium)

- ☐ 6 ounces part-skim mozzarella cheese shredded divided
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 12 lasagna noodles whole wheat divided cooked

Equipment

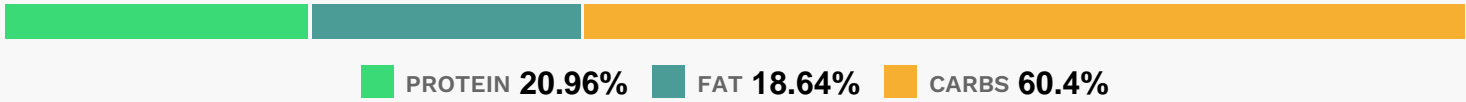
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onion; cook 10 minutes or until onion is browned, stirring occasionally. Stir in garlic and spinach. Reduce heat, cover, and cook 3 minutes or until spinach is tender. Set aside.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, milk, salt, black pepper, and red pepper in a small saucepan, stirring with a whisk. Bring to a boil over medium-high heat, stirring frequently. Reduce heat and simmer 1 minute, stirring frequently.
- ☐ Add 2 cups milk mixture to spinach mixture. Cover remaining milk mixture, and set aside.
- ☐ Spread 1/2 cup marinara sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 lasagna noodles over sauce; top with half of spinach mixture. Top with 3 lasagna noodles, 1 cup marinara sauce, and 3/4 cup cheese.
- ☐ Layer 3 more lasagna noodles, remaining spinach mixture, and remaining 3 lasagna noodles. Top with remaining marinara sauce.
- ☐ Pour reserved milk mixture over the top, and sprinkle with remaining 3/4 cup cheese.

- ☐
- Bake at 375 for 50 minutes or until lasagna is browned on top.
- ☐
- Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:5.79, Inflammation Score:0, Nutrition Score:34.05043523208%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 3.91mg, Kaempferol: 3.91mg, Kaempferol: 3.91mg, Kaempferol: 3.91mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg

Nutrients (% of daily need)

Calories: 327.62kcal (16.38%), Fat: 7.17g (11.02%), Saturated Fat: 3.11g (19.41%), Carbohydrates: 52.23g (17.41%), Net Carbohydrates: 48.65g (17.69%), Sugar: 10.08g (11.2%), Cholesterol: 18.03mg (6.01%), Sodium: 798.44mg (34.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.13g (36.25%), Vitamin K: 278.33µg (265.08%), Vitamin A: 5993IU (119.86%), Manganese: 2.02mg (100.91%), Selenium: 38.84µg (55.49%), Folate: 164.23µg (41.06%), Calcium: 376.78mg (37.68%), Phosphorus: 370.75mg (37.08%), Magnesium: 140.26mg (35.06%), Vitamin C: 25.95mg (31.45%), Vitamin B2: 0.45mg (26.76%), Potassium: 915mg (26.14%), Vitamin B1: 0.39mg (25.98%), Iron: 4.37mg (24.27%), Vitamin B6: 0.43mg (21.43%), Copper: 0.41mg (20.29%), Vitamin B3: 3.97mg (19.87%), Vitamin E: 2.79mg (18.61%), Zinc: 2.59mg (17.27%), Fiber: 3.59g (14.34%), Vitamin B12: 0.71µg (11.9%), Vitamin B5: 1.16mg (11.56%), Vitamin D: 1.04µg (6.92%)