



HEALTH SCORE

55%

## Easy Polenta Lasagna



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 large egg whites
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 cup tomatoes fat-free
- ☐ 2 ounces parmesan fresh shredded finely
- ☐ 1.3 cups part-skim ricotta
- ☐ 16 ounce polenta
- ☐ 10 ounce spinach frozen dry thawed drained chopped

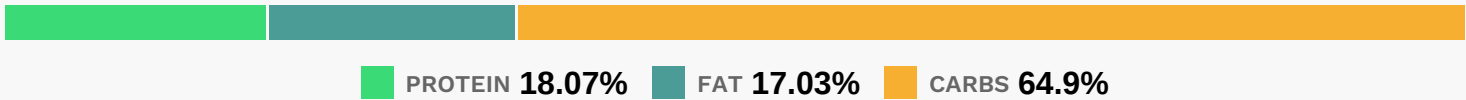
# Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

# Directions

- ☐ Preheat oven to 40
- ☐ Arrange polenta slices in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Combine ricotta cheese, red pepper, spinach, and egg white in a medium bowl.
- ☐ Spread over polenta; spoon marinara sauce evenly over ricotta cheese mixture. Cover with foil; bake at 400 for 30 minutes. Uncover; sprinkle with Parmesan cheese.
- ☐ Bake an additional 5 minutes or until cheese melts.
- ☐ Sprinkle with basil.

# Nutrition Facts



# Properties

Glycemic Index:35.5, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:28.648260914761%

# Nutrients (% of daily need)

Calories: 623.82kcal (31.19%), Fat: 11.8g (18.15%), Saturated Fat: 6.38g (39.88%), Carbohydrates: 101.17g (33.72%), Net Carbohydrates: 96.27g (35.01%), Sugar: 3.8g (4.22%), Cholesterol: 33.66mg (11.22%), Sodium: 685.72mg (29.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.16g (56.32%), Vitamin K: 272.98µg (259.98%), Vitamin A: 9380.1IU (187.6%), Selenium: 41.73µg (59.62%), Calcium: 484.96mg (48.5%), Phosphorus: 377.07mg (37.71%), Manganese: 0.72mg (35.88%), Folate: 126.44µg (31.61%), Magnesium: 113.06mg (28.27%), Vitamin B2: 0.47mg (27.89%), Vitamin E: 3.13mg (20.87%), Potassium: 715.15mg (20.43%), Iron: 3.62mg (20.09%), Fiber: 4.9g (19.6%), Vitamin B6: 0.38mg (19.25%), Vitamin B1: 0.25mg (16.8%), Zinc: 2.45mg (16.34%), Copper: 0.3mg (14.93%), Vitamin B3: 2.48mg (12.39%), Vitamin B5: 1.08mg (10.79%), Vitamin C: 8.46mg (10.25%), Vitamin B12: 0.4µg (6.7%)