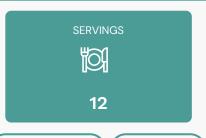


# **Easy Spinach Lasagna**







LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

12 Servings pepper black freshly ground
1 large eggs lightly beaten
20 ounce spinach frozen thawed
2 medium garlic clove finely chopped
12 servings kosher salt
29 ounce tomatoes jarred canned
12 servings olive oil
8 ounce no boil lasagna noodles (12 noodles)

3 ounces parmesan cheese finely grated

	1 pound mozzarella cheese sliced	
	15 ounce ricotta cheese	
Equipment		
	bowl	
	frying pan	
	oven	
	wire rack	
	baking pan	
	aluminum foil	
Diı	Directions	
	Heat the oven to 350°F and arrange a rack in the middle.	
	Place the ricotta, spinach, half of the Parmesan, the garlic, and the egg in a large bowl and season with salt and pepper.	
	Mix until combined.	
	Spread 3/4 cup of the tomato sauce in a thin layer over the bottom of a 13-by-9-inch baking dish. Construct the lasagna by layering 3 of the noodles over the sauce. Top with another 3/4 cup of the tomato sauce and spread it evenly to the edges of the dish. Using a small spoon, dollop a third of the ricotta mixture (about 1 cup) evenly over the sauce and flatten the dollops with the back of the spoon (the ricotta mixture will spread out more when it heats up). Evenly lay a quarter of the mozzarella slices over the ricotta. Make 2 more layers of noodles, sauce, ricotta mixture, and mozzarella. Top with the remaining noodles, sauce, and mozzarella. Evenly sprinkle with the remaining Parmesan. Coat 1 side of a large piece of aluminum foil with vegetable or olive oil and cover the dish tightly with the foil, oil-side down.	
	Bake until the sauce is starting to bubble around the edges, about 40 minutes.	
	Remove the foil and continue baking until the top is browned, about 20 minutes more.	
	Remove the pan to a wire rack and let cool for 15 minutes before slicing.	

## **Nutrition Facts**

#### **Properties**

Glycemic Index:13.42, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:22.73956510295%

#### **Flavonoids**

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

#### **Nutrients** (% of daily need)

Calories: 433.25kcal (21.66%), Fat: 30.25g (46.53%), Saturated Fat: 11.12g (69.51%), Carbohydrates: 22.85g (7.62%), Net Carbohydrates: 19.74g (7.18%), Sugar: 3.6g (3.99%), Cholesterol: 78.04mg (26.01%), Sodium: 950.6mg (41.33%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 19.94g (39.87%), Vitamin K: 187.68µg (178.74%), Vitamin A: 6334.71IU (126.69%), Calcium: 401.38mg (40.14%), Vitamin E: 4.56mg (30.43%), Phosphorus: 285.56mg (28.56%), Selenium: 18.65µg (26.64%), Manganese: 0.45mg (22.41%), Vitamin B2: 0.37mg (21.8%), Folate: 83.99µg (21%), Vitamin B12: 1.12µg (18.58%), Zinc: 2.3mg (15.32%), Magnesium: 60.45mg (15.11%), Potassium: 500.76mg (14.31%), Fiber: 3.11g (12.43%), Iron: 2.05mg (11.42%), Vitamin B6: 0.2mg (9.85%), Vitamin C: 7.55mg (9.15%), Copper: 0.17mg (8.36%), Vitamin B1: 0.08mg (5.43%), Vitamin B3: 1.01mg (5.04%), Vitamin B5: 0.48mg (4.76%), Vitamin D: 0.34µg (2.27%)