



Easy Spinach Lasagna

READY IN



100 min.

SERVINGS



12

CALORIES



433 kcal

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

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



■ PROTEIN 17.99% ■ FAT 61.4% ■ CARBS 20.61%

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, Luteolin: 0.02mg 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: 0g (100%), Alcohol %: 0% (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: 3.1g (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%)