



Easy Spinach Lasagna with White Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces carrots shredded
- 1 eggs
- 8 ounces mushrooms fresh sliced
- 10 ounce pkt spinach frozen chopped
- 8 ounce lasagna noodles
- 1 pint part-skim ricotta cheese
- 29 ounces pasta sauce alfredo-style
- 0.5 cup mozzarella cheese shredded

- 0.5 cup skim milk

Equipment

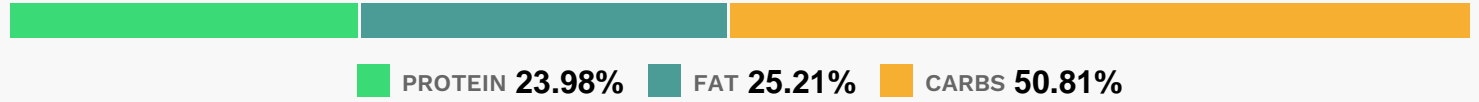
- bowl
- frying pan
- oven
- whisk
- aluminum foil
- microwave

Directions

- Preheat oven to 350 degrees F (175 degrees C). Coat a 10x15 inch lasagna pan with cooking spray.
- Place the spinach in a medium bowl. Microwave, uncovered, on high for 4 minutes.
- Mix in ricotta. Beat the egg with a wire whisk, and add it to the spinach and ricotta. Stir well to blend.
- Combine pasta sauce with milk in a medium bowl.
- Mix well.
- Spread about 1/2 cup pasta sauce mixture evenly in the bottom of the dish.
- Place 3 uncooked noodles over the sauce.
- Spread half of the spinach mixture over the noodles.
- Sprinkle with half of the carrots and half of the mushrooms.
- Place 3 more noodles over the vegetable mixture.
- Pour 1 1/2 cups sauce over the noodles.
- Spread the remaining spinach mixture over the sauce, followed by layers of the remaining carrots and mushrooms.
- Place 3 more noodles over the vegetables.
- Pour remaining sauce evenly on top.
- Sprinkle with the mozzarella cheese. Spray a sheet of aluminum foil with cooking spray. Cover the dish tightly with aluminum foil, spray side down.

- Bake for 50 to 60 minutes.
- Remove from oven, uncover, and spoon some sauce over the exposed top noodles. Turn the oven off, and place the uncovered dish back into the warm oven for 15 more minutes.
- Serve at once, or let rest until ready to serve.

Nutrition Facts



Properties

Glycemic Index:25.12, Glycemic Load:10.37, Inflammation Score:-10, Nutrition Score:24.106521793034%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 243.26kcal (12.16%), Fat: 7.01g (10.78%), Saturated Fat: 3.71g (23.18%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 27.72g (10.08%), Sugar: 6.76g (7.51%), Cholesterol: 39.81mg (13.27%), Sodium: 593.72mg (25.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.99g (29.98%), Vitamin A: 8597.13IU (171.94%), Vitamin K: 123.61µg (117.73%), Selenium: 32.34µg (46.21%), Manganese: 0.61mg (30.37%), Calcium: 262.92mg (26.29%), Phosphorus: 260.7mg (26.07%), Vitamin B2: 0.42mg (24.47%), Potassium: 697.19mg (19.92%), Folate: 77.34µg (19.34%), Copper: 0.34mg (16.85%), Vitamin E: 2.53mg (16.84%), Magnesium: 67.33mg (16.83%), Fiber: 4.05g (16.19%), Vitamin B3: 2.72mg (13.59%), Vitamin B6: 0.27mg (13.47%), Iron: 2.35mg (13.03%), Zinc: 1.93mg (12.9%), Vitamin C: 10.14mg (12.29%), Vitamin B5: 1.13mg (11.26%), Vitamin B1: 0.13mg (8.92%), Vitamin B12: 0.43µg (7.11%), Vitamin D: 0.38µg (2.5%)