



Extra-Easy Spinach Lasagna

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce pkt spinach frozen thawed drained chopped well
- 6 lasagna noodles uncooked
- 3 cups mushroom sauce fresh italian prego®
- 15 ounce ricotta cheese
- 2 cups mozzarella cheese shredded
- 0.3 cup water

Equipment

- oven

baking pan

Directions

Mix ricotta cheese, spinach and 1 cup mozzarella cheese.

Spread 1 cup pasta sauce in 2-quart shallow baking dish. Top with 3 lasagna noodles and half the spinach mixture. Repeat layers. Top with remaining pasta sauce. Slowly pour water around inside edges of baking dish. Cover.

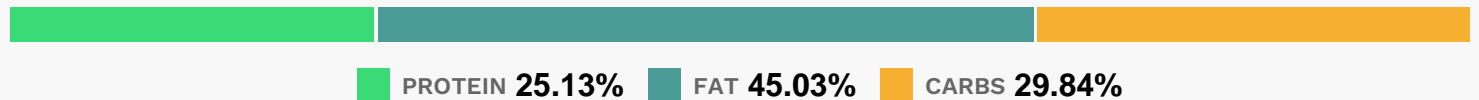
Bake at 400 degrees F for 40 minutes Uncover.

Sprinkle with remaining mozzarella cheese.

Bake 10 minutes or until hot.

Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:7.17, Inflammation Score:-10, Nutrition Score:21.05565237999%

Nutrients (% of daily need)

Calories: 272.6kcal (13.63%), Fat: 13.8g (21.23%), Saturated Fat: 8.18g (51.14%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 18.52g (6.73%), Sugar: 1.94g (2.15%), Cholesterol: 49.23mg (16.41%), Sodium: 249.86mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.66%), Vitamin K: 133.07µg (126.74%), Vitamin A: 4581.15IU (91.62%), Selenium: 31.21µg (44.59%), Calcium: 302.86mg (30.29%), Phosphorus: 271.12mg (27.11%), Vitamin B2: 0.42mg (24.68%), Manganese: 0.47mg (23.53%), Folate: 69.62µg (17.41%), Zinc: 2.12mg (14.11%), Vitamin B12: 0.83µg (13.89%), Magnesium: 52.47mg (13.12%), Copper: 0.24mg (12.08%), Potassium: 361.01mg (10.31%), Vitamin B3: 1.92mg (9.6%), Fiber: 2.06g (8.24%), Vitamin B5: 0.82mg (8.15%), Vitamin B6: 0.16mg (8.07%), Iron: 1.45mg (8.04%), Vitamin E: 1.17mg (7.77%), Vitamin B1: 0.1mg (6.45%), Vitamin C: 2.7mg (3.28%), Vitamin D: 0.29µg (1.94%)