



## Lasagna Bake for Two

READY IN



50 min.

SERVINGS



50

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 cups baby spinach leaves loosely packed
- 1 cup canned tomatoes diced canned undrained ()
- 2 Tbsp philadelphia cream cheese spread
- 0.5 lb extra-lean ground beef
- 1 clove garlic minced
- 0.5 cup italian\* five cheese blend shredded divided kraft finely
- 2 lasagna noodles uncooked
- 0.5 cup onions chopped

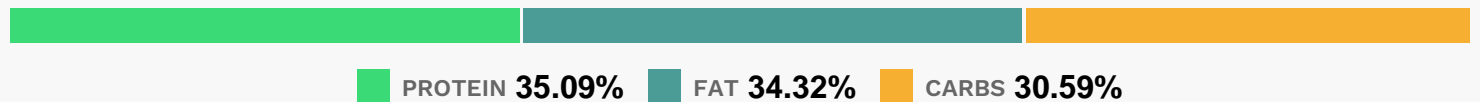
## Equipment

- frying pan
- oven
- ramekin

## Directions

- Heat oven to 350F.
- Cook noodles as directed on package, omitting salt.
- Meanwhile, brown meat with onions and garlic in large nonstick skillet.
- Add tomatoes and cream cheese spread; cook and stir 2 to 3 min. or until cream cheese is melted and mixture just comes to boil.
- Add spinach; cook and stir 1 min.
- Remove from heat.
- Add 1/4 cup shredded cheese; stir until melted.
- Drain noodles. Spoon 1/3 cup spinach mixture into each of 2 (2-cup) ramekins; top with 1 noodle, letting excess noodle extend over rim of ramekin. Top each with 1/3 cup spinach mixture; fold noodle back over dish to cover filling. Repeat until all filling is folded between noodle layers; top with remaining shredded cheese.
- Bake 20 min. or until heated through.
- Let stand 5 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.62, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:1.7134782424925%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol:

0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:  
0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

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

Calories: 17.65kcal (0.88%), Fat: 0.68g (1.05%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 1.36g (0.45%), Net  
Carbohydrates: 1.2g (0.44%), Sugar: 0.24g (0.27%), Cholesterol: 3.43mg (1.14%), Sodium: 16.99mg (0.74%), Alcohol:  
Og (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin K: 11.75µg (11.19%), Vitamin A: 236.78IU (4.74%),  
Selenium: 1.54µg (2.2%), Manganese: 0.04mg (1.95%), Zinc: 0.27mg (1.8%), Vitamin B12: 0.1µg (1.69%), Vitamin B3:  
0.32mg (1.61%), Vitamin B6: 0.03mg (1.6%), Vitamin C: 1.26mg (1.52%), Folate: 5.77µg (1.44%), Phosphorus: 13.74mg  
(1.37%), Iron: 0.24mg (1.32%), Potassium: 43.18mg (1.23%), Magnesium: 4.19mg (1.05%)