



Lasagna Bake for Two

READY IN



50 min.

SERVINGS



2

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach leaves loosely packed
- ☐ 1 cup tomatoes diced canned undrained
- ☐ 2 tablespoons philadelphia cream cheese spread
- ☐ 0.5 pound 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

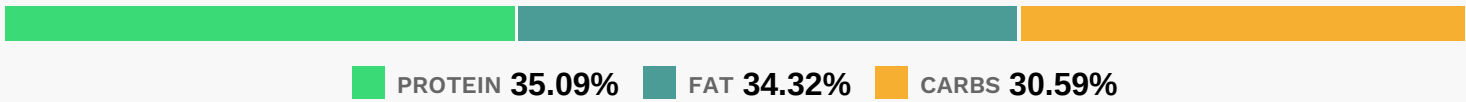
Equipment

- ☐ frying pan
- ☐ oven
- ☐ ramekin

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ 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 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:65.5, Glycemic Load:9.64, Inflammation Score:-10, Nutrition Score:34.243912727936%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 11.13mg, Quercetin: 11.13mg, Quercetin: 11.13mg, Quercetin: 11.13mg

Nutrients (% of daily need)

Calories: 441.23kcal (22.06%), Fat: 17g (26.15%), Saturated Fat: 6.06g (37.85%), Carbohydrates: 34.09g (11.36%), Net Carbohydrates: 29.96g (10.9%), Sugar: 6.06g (6.74%), Cholesterol: 85.83mg (28.61%), Sodium: 424.82mg (18.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.11g (78.22%), Vitamin K: 293.83µg (279.84%), Vitamin A: 5919.53IU (118.39%), Selenium: 38.56µg (55.09%), Manganese: 0.98mg (48.77%), Zinc: 6.74mg (44.92%), Vitamin B12: 2.54µg (42.34%), Vitamin B3: 8.05mg (40.26%), Vitamin B6: 0.8mg (40.05%), Vitamin C: 31.45mg (38.12%), Folate: 144.35µg (36.09%), Phosphorus: 343.54mg (34.35%), Iron: 5.96mg (33.12%), Potassium: 1079.61mg (30.85%), Magnesium: 104.76mg (26.19%), Vitamin B2: 0.39mg (23.01%), Calcium: 199.8mg (19.98%), Copper: 0.35mg (17.46%), Fiber: 4.13g (16.51%), Vitamin E: 2.39mg (15.94%), Vitamin B1: 0.19mg (12.93%), Vitamin B5: 1.09mg (10.87%)