



Mushroom and Spinach Lasagna

READY IN



100 min.

SERVINGS



8

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce baby spinach fresh
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup basil fresh chopped
- ☐ 4 garlic clove minced
- ☐ 49 ounce soy sauce
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 16 no boil lasagna noodles

- ☐ 1 ounce parmesan fresh grated
- ☐ 2 cups part-skim mozzarella cheese shredded
- ☐ 15 ounce part-skim ricotta
- ☐ 1 pound portabello mushrooms sliced
- ☐ 9 ounce onion red sliced
- ☐ 0.3 cup skim milk
- ☐ 0.5 cup water

Equipment

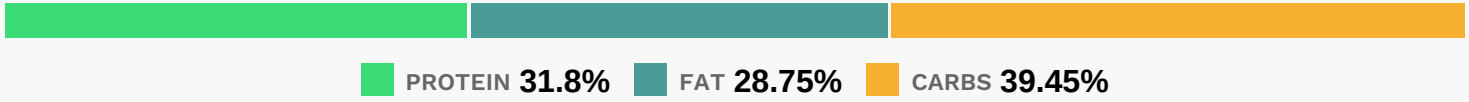
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Preheat oven to 37
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion; saut 2 minutes.
- ☐ Add mushrooms; saut 6 minutes.
- ☐ Add garlic; saut 30 seconds.
- ☐ Transfer mushroom mixture to a bowl.
- ☐ Return pan to heat; add half of spinach and 1/4 cup water. Cook 2 minutes or until spinach wilts, turning with tongs.
- ☐ Add cooked spinach to mushroom mixture. Repeat procedure with remaining half of spinach and remaining 1/4 cup water. Stir vegetable mixture until blended.

- ☐ Combine eggs and next 3 ingredients (through pepper) in a bowl, stirring with a whisk. Stir in milk and ricotta cheese.
- ☐ Pour 1 cup pasta sauce into bottom of a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Arrange 4 lasagna noodles over sauce. Top with one-third of ricotta mixture, one-third of vegetable mixture, and 1/3 cup mozzarella cheese. Repeat layers twice with sauce, noodles, ricotta mixture, vegetable mixture, and mozzarella cheese.
- ☐ Spread 1 cup sauce over mozzarella. Arrange 4 noodles over sauce. Top with 1 cup sauce, 1 cup mozzarella cheese, and Parmesan cheese.
- ☐ Cover with a sheet of foil coated with cooking spray, coated side down.
- ☐ Bake at 375 for 45 minutes.
- ☐ Remove from oven, and let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:32.03, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:38.486086907594%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 4.28mg, Kaempferol: 4.28mg, Kaempferol: 4.28mg, Kaempferol: 4.28mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg

Nutrients (% of daily need)

Calories: 481.51kcal (24.08%), Fat: 15.96g (24.55%), Saturated Fat: 7.07g (44.19%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 43.76g (15.91%), Sugar: 5.54g (6.15%), Cholesterol: 99.61mg (33.2%), Sodium: 6626.54mg (288.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.73g (79.45%), Vitamin K: 319.4µg (304.19%), Vitamin A: 6495.34IU (129.91%), Manganese: 1.48mg (73.85%), Phosphorus: 678.31mg (67.83%), Folate: 240.01µg (60%), Calcium: 562.11mg (56.21%), Vitamin B2: 0.89mg (52.21%), Magnesium: 194.74mg (48.69%), Selenium: 30.16µg (43.08%), Potassium: 1447.84mg (41.37%), Vitamin B6: 0.61mg (30.52%), Iron: 5.17mg (28.73%), Zinc: 3.89mg (25.92%), Vitamin B3: 5.17mg (25.87%), Vitamin C: 20.95mg (25.39%), Fiber: 5.51g (22.05%), Copper: 0.39mg (19.67%), Vitamin E: 2.87mg (19.12%), Vitamin B5: 1.69mg (16.86%), Vitamin B1: 0.2mg (13.25%), Vitamin B12: 0.61µg (10.17%), Vitamin D: 0.66µg (4.39%)