



New-Tradition Lasagna with Spinach Noodles

READY IN



45 min.

SERVINGS



9

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup basil fresh divided thinly sliced
- 9 spinach lasagna noodles homemade cooked
- 6 cups bill's marinara sauce
- 0.1 tablespoon nutmeg whole grated
- 2 ounces parmesan cheese fresh grated
- 8 ounces part-skim mozzarella cheese shredded divided
- 15 ounce carton ricotta cheese fat-free
- 0.3 teaspoon salt

1 tablespoon stick margarine softened

Equipment

bowl

oven

baking pan

Directions

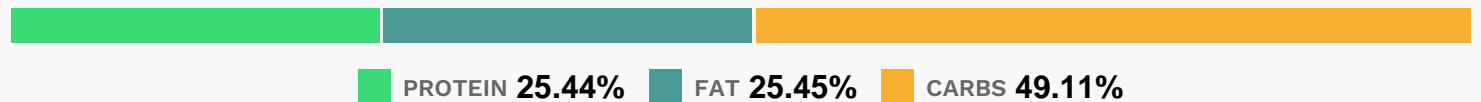
Preheat oven to 35

Combine first 6 ingredients in a bowl. Spoon 1 cup marinara sauce into a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 noodles over sauce; top with 1 cup ricotta mixture, 2 cups marinara sauce, 2 tablespoons basil, and 2/3 cup mozzarella cheese. Repeat layers, ending with noodles.

Spread 1 cup marinara sauce over noodles; top with 2/3 cup mozzarella. Cover and bake at 350 for 1 hour.

Let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:31.78, Glycemic Load:11.29, Inflammation Score:-7, Nutrition Score:13.66434795701%

Nutrients (% of daily need)

Calories: 282.2kcal (14.11%), Fat: 7.92g (12.18%), Saturated Fat: 4.03g (25.17%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 30.99g (11.27%), Sugar: 8.44g (9.38%), Cholesterol: 27.97mg (9.32%), Sodium: 1162.54mg (50.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.8g (35.61%), Calcium: 378.13mg (37.81%), Selenium: 23.73µg (33.9%), Phosphorus: 258.46mg (25.85%), Manganese: 0.45mg (22.65%), Vitamin A: 971.98IU (19.44%), Vitamin E: 2.49mg (16.59%), Potassium: 578.25mg (16.52%), Copper: 0.28mg (14.07%), Vitamin C: 11.56mg (14.01%), Fiber: 3.39g (13.56%), Vitamin B2: 0.22mg (13.03%), Magnesium: 48.66mg (12.16%), Iron: 2.07mg (11.5%), Vitamin B6: 0.22mg (11.23%), Zinc: 1.63mg (10.87%), Vitamin B3: 2.15mg (10.73%), Vitamin K: 7.97µg (7.59%), Vitamin B5: 0.68mg (6.77%), Folate: 23µg (5.75%), Vitamin B1: 0.07mg (4.81%), Vitamin B12: 0.28µg (4.73%)