



No-Bake Garden-Fresh Lasagna

READY IN



35 min.

SERVINGS



35

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz baby spinach leaves
- 2 Tbsp basil fresh chopped
- 0.5 lb mushrooms fresh sliced
- 3 cloves garlic minced
- 1 cup italian* five cheese shredded with a touch of philadelphia kraft
- 6 lasagna noodles uncooked
- 1 Tbsp olive oil
- 0.3 cup parmesan cheese divided grated kraft
- 1 cup polly-o natural part skim ricotta cheese

1.5 cups classico family favorites pasta sauce traditional

Equipment

frying pan

microwave

Directions

Cook noodles as directed on package, omitting salt. Meanwhile, mix ricotta, shredded cheese, 3 Tbsp. Parmesan and basil until blended.

Heat oil in large skillet on medium-high heat.

Add mushrooms; cook 4 min., stirring after 2 min.

Add garlic; cook 1 min. or until garlic is fragrant and mushrooms are tender and browned, stirring frequently. Stir in pasta sauce; simmer on medium heat 5 min. or until heated through, stirring frequently.

Remove from heat.

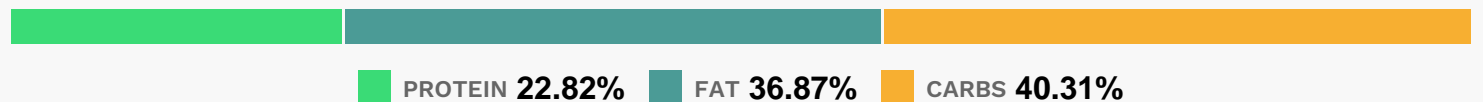
Add spinach; stir until spinach is wilted and evenly coated with sauce.

Spread 1/2 cup sauce onto bottom of 8-inch square microwaveable dish; top with 4 noodle pieces, half the cheese mixture and 1/3 cup of the remaining sauce. Repeat layers. Top with remaining noodles, sauce and Parmesan.

Microwave on HIGH 4 to 5 min. or until heated through and bubbly around the edges.

Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:1.72, Inflammation Score:-4, Nutrition Score:3.9404348018377%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 49.93kcal (2.5%), Fat: 2.11g (3.24%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.69g (1.71%), Sugar: 0.68g (0.75%), Cholesterol: 3.46mg (1.15%), Sodium: 81.72mg (3.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.87%), Vitamin K: 25.57µg (24.36%), Vitamin A: 553.58IU (11.07%), Selenium: 5.22µg (7.46%), Manganese: 0.11mg (5.58%), Calcium: 40.58mg (4.06%), Phosphorus: 37.95mg (3.8%), Vitamin B2: 0.06mg (3.59%), Folate: 13.56µg (3.39%), Potassium: 101.88mg (2.91%), Vitamin C: 2.38mg (2.89%), Copper: 0.06mg (2.89%), Magnesium: 10.15mg (2.54%), Vitamin B3: 0.47mg (2.33%), Vitamin E: 0.33mg (2.17%), Iron: 0.38mg (2.11%), Fiber: 0.49g (1.98%), Vitamin B6: 0.04mg (1.95%), Zinc: 0.28mg (1.88%), Vitamin B5: 0.17mg (1.75%), Vitamin B1: 0.02mg (1.21%)