



Pesto Lasagna with Spinach and Mushrooms

READY IN



45 min.

SERVINGS



8

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 2 cups cremini mushrooms sliced
- ☐ 1 large eggs lightly beaten
- ☐ 8 ounce precooked lasagna noodles (12 noodles)
- ☐ 3 ounces parmesan cheese fresh divided grated
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 0.5 cup commercial pesto
- ☐ 3 ounces provolone cheese shredded
- ☐ 15 ounce carton ricotta cheese fat-free

- ☐ 4 cups torn spinach
- ☐ 25.5 ounce tomato-basil pasta sauce fat-free

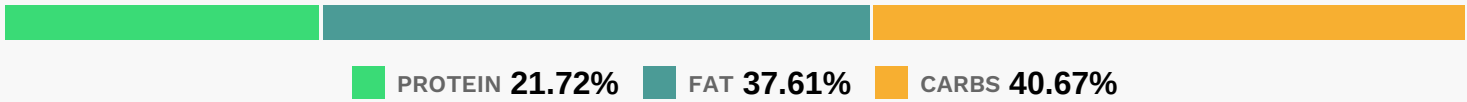
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Arrange the spinach in a vegetable steamer; steam, covered, 3 minutes or until spinach wilts.
- ☐ Drain, squeeze dry, and coarsely chop.
- ☐ Combine spinach, mushrooms, and pesto in a medium bowl, stirring to combine; set aside.
- ☐ Combine mozzarella, provolone, ricotta, and beaten egg in a medium bowl, stirring well to combine. Stir in 1/4 cup Parmesan, and set aside.
- ☐ Combine the pasta sauce and the tomato sauce in a medium bowl.
- ☐ Spread 1 cup pasta sauce mixture in the bottom of a 6-quart oval electric slow cooker coated with cooking spray. Arrange 3 noodles over pasta sauce mixture; top with 1 cup cheese mixture and 1 cup spinach mixture. Repeat the layers, ending with spinach mixture. Arrange 3 noodles over spinach mixture; top with remaining 1 cup cheese mixture and 1 cup pasta sauce mixture.
- ☐ Place remaining 3 noodles over sauce mixture; spread remaining sauce mixture over noodles.
- ☐ Sprinkle with the remaining 1/2 cup Parmesan. Cover with lid; cook on LOW 5 hours or until done.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:9.22, Inflammation Score:-9, Nutrition Score:18.71347828015%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:

0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 401.89kcal (20.09%), Fat: 16.35g (25.16%), Saturated Fat: 6.28g (39.22%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 34.88g (12.68%), Sugar: 11.13g (12.37%), Cholesterol: 54.36mg (18.12%), Sodium: 1011.79mg (43.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.25g (42.49%), Vitamin K: 73.88µg (70.36%), Vitamin A: 2645.44IU (52.91%), Calcium: 459.81mg (45.98%), Selenium: 30.3µg (43.29%), Phosphorus: 278.29mg (27.83%), Manganese: 0.46mg (22.82%), Fiber: 4.91g (19.64%), Potassium: 642.93mg (18.37%), Vitamin B2: 0.28mg (16.6%), Vitamin C: 10.54mg (12.77%), Copper: 0.24mg (11.87%), Folate: 46.96µg (11.74%), Zinc: 1.75mg (11.66%), Iron: 2.01mg (11.16%), Magnesium: 43.6mg (10.9%), Vitamin B3: 1.62mg (8.08%), Vitamin B6: 0.15mg (7.63%), Vitamin B12: 0.44µg (7.39%), Vitamin B5: 0.69mg (6.93%), Vitamin E: 0.87mg (5.83%), Vitamin B1: 0.07mg (4.78%), Vitamin D: 0.28µg (1.87%)