

Potato "Lasagna"

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound bacon cut into 1/4-inch pieces (5 slices)
- 28 ounce canned tomatoes whole drained roughly chopped canned
- 1 eggs
- 4 pounds idaho potatoes peeled cut into 1/8-inch slices (4 large potatoes)
- 2 teaspoons kosher salt
- 1.5 cups milk
- 1 medium onion thinly sliced
- 0.5 teaspoon oregano dried

- 10 ounce pkt spinach frozen dry
- 4 ounces swiss shredded

Equipment

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

Directions

- Heat oven to 450 F. In a large skillet over medium heat, combine the bacon and onion. Cook until the onion is caramelized and golden brown, 9 to 10 minutes.
- Remove from heat, mix in the spinach, and set aside. Meanwhile, in a small bowl, whisk together the milk, egg, salt, and oregano. Set aside. Coat a 9-by-13-inch baking dish with vegetable spray. Arrange 1 layer of potatoes, overlapping slightly.
- Spread the tomatoes evenly on top of the potatoes.
- Pour 1/3 of the milk mixture over the tomatoes.
- Add another layer of potatoes and then the bacon-spinach mixture, spreading evenly. Top with another third of the milk mixture. Finish with the last layer of potatoes and sprinkle on the shredded cheese.
- Drizzle the remaining milk mixture over the dish. Cover with foil and bake for 45 minutes.
- Remove the foil and bake another 10 minutes or until the cheese is golden brown.
- Remove from oven and let rest, covered, for 10 minutes before serving. If You Don't Have... canned tomatoes, use a jar of spaghetti sauce.

Nutrition Facts



PROTEIN 14.34% FAT 22.07% CARBS 63.59%

Properties

Glycemic Index:37.46, Glycemic Load:47.28, Inflammation Score:-10, Nutrition Score:36.86608666959%

Flavonoids

Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 432.19kcal (21.61%), Fat: 11.1g (17.07%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 71.95g (23.98%), Net Carbohydrates: 63.45g (23.07%), Sugar: 11.96g (13.28%), Cholesterol: 47.07mg (15.69%), Sodium: 1199.62mg (52.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.22g (32.45%), Vitamin K: 346.4µg (329.91%), Vitamin A: 7132.43IU (142.65%), Vitamin B6: 1.47mg (73.27%), Potassium: 2051.8mg (58.62%), Manganese: 1.16mg (57.96%), Vitamin C: 39.04mg (47.32%), Magnesium: 159.53mg (39.88%), Phosphorus: 349.41mg (34.94%), Folate: 138.02µg (34.5%), Fiber: 8.5g (34%), Copper: 0.68mg (33.9%), Vitamin B1: 0.5mg (33.14%), Iron: 5.87mg (32.59%), Vitamin B3: 5.92mg (29.6%), Vitamin B2: 0.43mg (25.31%), Vitamin E: 3.63mg (24.23%), Calcium: 242.32mg (24.23%), Vitamin B5: 1.82mg (18.24%), Selenium: 12.32µg (17.6%), Zinc: 2.17mg (14.48%), Vitamin B12: 0.49µg (8.15%), Vitamin D: 0.89µg (5.96%)