



Saucy Cheese-Vegetable Lasagna

READY IN



45 min.

SERVINGS



6

CALORIES



1113 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ounce alfredo sauce refrigerated divided
- ☐ 28 ounce artichoke hearts drained coarsely chopped canned
- ☐ 8 ounce chive-and-onion-flavored cream cheese soft
- ☐ 12 lasagna noodles cooked
- ☐ 2 large eggs lightly beaten
- ☐ 20 ounce pkt spinach frozen thawed chopped
- ☐ 6 green onions sliced
- ☐ 0.3 cup mayonnaise
- ☐ 6 ounce parmesan cheese shredded

- ☐ 1 teaspoon pepper
- ☐ 4 ounces provolone cheese shredded
- ☐ 30 ounce ricotta cheese
- ☐ 6 ounces mozzarella cheese shredded divided

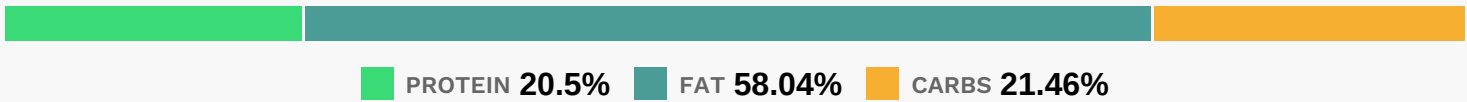
Equipment

- ☐ paper towels
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Drain spinach, and press between layers of paper towels to remove excess moisture.
- ☐ Stir together spinach, 1 cup mozzarella cheese, and next 5 ingredients.
- ☐ Stir together 1 container of Alfredo sauce and next 4 ingredients.
- ☐ Spread remaining container of Alfredo sauce evenly into bottom of 2 lightly greased 8-inch square baking dishes. Top each with 2 lasagna noodles and one-fourth of spinach mixture. Repeat procedure with 4 noodles and remaining spinach mixture. Top evenly with remaining 4 noodles, and spread with artichoke mixture.
- ☐ Bake both casseroles at 350 for 40 minutes or just until set and lightly browned.
- ☐ Sprinkle evenly with remaining 1/2 cup mozzarella cheese, and bake 5 more minutes.
- ☐ Let stand 15 minutes.
- ☐ Cool one casserole. Wrap in heavy-duty aluminum foil, and freeze up to 1 month.
- ☐ Note: Thaw frozen casserole in refrigerator overnight.
- ☐ Bake, covered, at 350 for 45 to 50 minutes.

Nutrition Facts



Properties

Glycemic Index:45.08, Glycemic Load:18.85, Inflammation Score:-10, Nutrition Score:39.541304380997%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 1112.51kcal (55.63%), Fat: 71.03g (109.27%), Saturated Fat: 38.26g (239.11%), Carbohydrates: 59.08g (19.69%), Net Carbohydrates: 51.75g (18.82%), Sugar: 6.39g (7.1%), Cholesterol: 278.35mg (92.78%), Sodium: 2343.42mg (101.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.44g (112.88%), Vitamin K: 395.29µg (376.47%), Vitamin A: 12867.66IU (257.35%), Calcium: 1110.98mg (111.1%), Selenium: 77.26µg (110.37%), Phosphorus: 770.64mg (77.06%), Manganese: 1.14mg (57.16%), Vitamin B2: 0.84mg (49.13%), Folate: 184.33µg (46.08%), Zinc: 5.28mg (35.22%), Magnesium: 136.57mg (34.14%), Vitamin B12: 1.9µg (31.73%), Fiber: 7.33g (29.34%), Iron: 4.84mg (26.87%), Vitamin E: 3.68mg (24.52%), Potassium: 664.72mg (18.99%), Vitamin B6: 0.37mg (18.49%), Copper: 0.33mg (16.56%), Vitamin B1: 0.17mg (11.26%), Vitamin B5: 1.07mg (10.69%), Vitamin C: 7.45mg (9.03%), Vitamin B3: 1.32mg (6.61%), Vitamin D: 0.99µg (6.57%)