



Simple Spinach Lasagna

 Popular

READY IN



100 min.

SERVINGS



8

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 0.5 teaspoon basil dried
- 1 eggs
- 1 tablespoon olive oil extra virgin
- 0.5 cup parsley fresh chopped
- 20 ounce pkt spinach frozen chopped
- 2 cloves garlic crushed
- 8 ounces lasagna noodles

- 2 cups non-fat cottage cheese
- 0.5 onion chopped
- 0.5 teaspoon oregano dried
- 0.3 cup parmesan cheese grated
- 8 ounce part-skim mozzarella cheese shredded
- 1 teaspoon salt
- 32 ounce spaghetti sauce
- 1.5 cups water

Equipment

- bowl
- frying pan
- oven
- pot
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large pot over medium heat saute spinach, onion, oregano, basil and garlic in the olive oil.
- Pour in spaghetti sauce and water; simmer 20 minutes. In a large bowl mix cottage cheese, mozzarella cheese, Parmesan cheese, parsley, salt, pepper and egg.
- Place a small amount of sauce in the bottom of a lasagna pan.
- Place 4 uncooked noodles on top of sauce and top with layer of sauce.
- Add 4 more noodles and layer with 1/2 sauce and 1/2 cheese mixture, noodles and repeat until all is layered, finishing with sauce.
- Cover with foil and bake in a preheated oven for 55 minutes.
- Remove foil and bake another 15 minutes.
- Let sit 10 minutes before serving.

Nutrition Facts

PROTEIN 28.12% FAT 25.77% CARBS 46.11%

Properties

Glycemic Index:26.63, Glycemic Load:10.71, Inflammation Score:-10, Nutrition Score:29.228695719138%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 307.9kcal (15.39%), Fat: 9.05g (13.92%), Saturated Fat: 4.03g (25.17%), Carbohydrates: 36.41g (12.14%), Net Carbohydrates: 31.41g (11.42%), Sugar: 6.98g (7.76%), Cholesterol: 45.28mg (15.09%), Sodium: 1335.34mg (58.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.21g (44.42%), Vitamin K: 331.87µg (316.07%), Vitamin A: 9318.16IU (186.36%), Selenium: 35.18µg (50.26%), Manganese: 0.94mg (47.21%), Calcium: 427.42mg (42.74%), Phosphorus: 393.96mg (39.4%), Folate: 136.01µg (34%), Vitamin B2: 0.51mg (29.81%), Vitamin E: 4.15mg (27.67%), Magnesium: 103.72mg (25.93%), Potassium: 797.33mg (22.78%), Vitamin C: 17.57mg (21.3%), Fiber: 5g (20.02%), Iron: 3.43mg (19.06%), Copper: 0.36mg (18.2%), Vitamin B6: 0.34mg (16.86%), Zinc: 2.37mg (15.83%), Vitamin B3: 2.15mg (10.77%), Vitamin B1: 0.15mg (9.91%), Vitamin B12: 0.58µg (9.73%), Vitamin B5: 0.94mg (9.38%), Vitamin D: 0.21µg (1.4%)