



## Spinach Alfredo Lasagna

READY IN



260 min.

SERVINGS



8

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounces alfredo sauce
- 2 tablespoons parsley fresh minced
- 2 garlic clove minced
- 8 ounces lasagne pasta sheets
- 1 medium onion chopped
- 0.5 cup parmesan cheese grated
- 32 ounces part-skim mozzarella cheese shredded
- 0.5 teaspoon pepper
- 15 ounces ricotta cheese

- 24 ounces pasta sauce
- 10 ounces spinach frozen dry thawed chopped

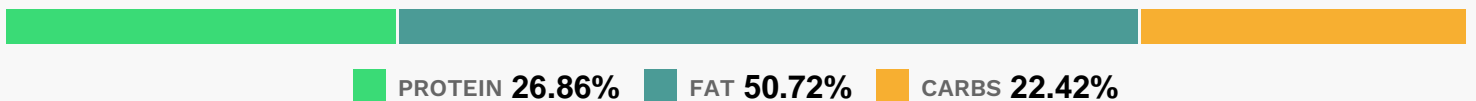
## Equipment

- bowl
- frying pan
- slow cooker

## Directions

- In a large skillet, cook beef, onion and garlic over medium heat 6–8 minutes or until beef is no longer pink, breaking up beef into crumbles; drain. Stir in spaghetti sauce.
- In a small bowl, mix ricotta cheese, Parmesan cheese, parsley and pepper.
- Spread 1 cup meat mixture onto the bottom of an ungreased 5- or 6-qt. slow cooker. Arrange four noodles over sauce, breaking noodles to fit if necessary; layer with half of the ricotta mixture, 2 cups mozzarella cheese and 1 cup meat mixture.
- Top with four noodles, spinach, Alfredo sauce and 2 cups mozzarella cheese. Continue layering with four noodles, remaining ricotta mixture, 2 cups mozzarella cheese and 1 cup meat mixture.
- Add any remaining noodles; top with remaining meat mixture and mozzarella cheese.
- Cook, covered, on low 4–5 hours or until noodles are tender.

## Nutrition Facts



## Properties

Glycemic Index:29.38, Glycemic Load:10.78, Inflammation Score:-10, Nutrition Score:32.185652069424%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg,

Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 645.67kcal (32.28%), Fat: 36.33g (55.9%), Saturated Fat: 21.34g (133.4%), Carbohydrates: 36.14g (12.05%), Net Carbohydrates: 32.61g (11.86%), Sugar: 6.89g (7.66%), Cholesterol: 139.99mg (46.66%), Sodium: 1645.53mg (71.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.29g (86.58%), Vitamin K: 153.41µg (146.11%), Calcium: 1122.08mg (112.21%), Vitamin A: 5444.91IU (108.9%), Phosphorus: 748.46mg (74.85%), Selenium: 46.96µg (67.09%), Vitamin B2: 0.63mg (36.84%), Manganese: 0.67mg (33.41%), Zinc: 4.85mg (32.31%), Magnesium: 90.75mg (22.69%), Folate: 85.28µg (21.32%), Vitamin B12: 1.2µg (19.92%), Potassium: 631.28mg (18.04%), Vitamin E: 2.54mg (16.97%), Vitamin B6: 0.32mg (15.95%), Copper: 0.28mg (14.18%), Fiber: 3.52g (14.1%), Iron: 2.45mg (13.61%), Vitamin C: 10.48mg (12.71%), Vitamin B3: 1.72mg (8.6%), Vitamin B1: 0.12mg (7.8%), Vitamin B5: 0.67mg (6.69%), Vitamin D: 0.48µg (3.19%)