



Spinach and Beef Lasagna

READY IN



110 min.

SERVINGS



12

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 cup parsley dried
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 cups ricotta cheese fat-free
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 2 cloves garlic minced
- ☐ 10 lasagna noodles as needed
- ☐ 0.5 pound ground beef lean

- ☐ 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
- ☐ 45 ounce spaghetti sauce

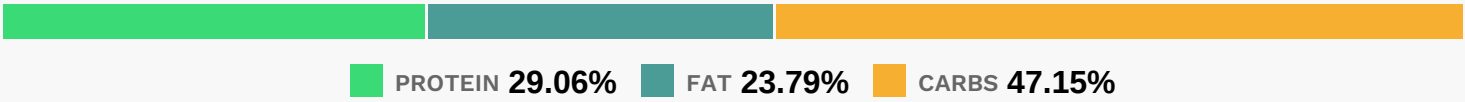
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat a large pot over medium heat. Cook and stir ground beef in the hot pot with garlic, oregano, and basil until beef is completely browned, 5 to 10 minutes. Stir spaghetti sauce and spinach into ground beef mixture; simmer until heated through, about 5 minutes.
- ☐ Stir ricotta cheese, 8 ounces mozzarella cheese, parsley, Parmesan cheese, salt, and black pepper together in a bowl.
- ☐ Spread a small amount of sauce in the bottom of a 9x13-inch pan. Arrange lasagna noodles in a single layer over the sauce.
- ☐ Spread another layer of sauce over the top and arrange another layer of lasagna noodles over sauce.
- ☐ Spread 1/2 the remaining sauce and 1/2 the cheese mixture over the top. Repeat layers, finishing with sauce. Cover pan with aluminum foil.
- ☐ Bake in the preheated oven for 55 minutes, remove aluminum foil, sprinkle lasagna with 1/2 cup mozzarella cheese, and bake until noodles are cooked through and sauce is bubbling, about 15 minutes. Cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.08, Glycemic Load:8.97, Inflammation Score:-10, Nutrition Score:21.018695844256%

Flavonoids

Apigenin: 46.91mg, Apigenin: 46.91mg, Apigenin: 46.91mg, Apigenin: 46.91mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 3.68mg, Isorhamnetin: 3.68mg, Isorhamnetin: 3.68mg, Isorhamnetin: 3.68mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 250.7kcal (12.54%), Fat: 6.58g (10.12%), Saturated Fat: 2.96g (18.49%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 25.89g (9.41%), Sugar: 6.37g (7.08%), Cholesterol: 32.19mg (10.73%), Sodium: 930.61mg (40.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.08g (36.17%), Vitamin K: 107.44µg (102.32%), Vitamin A: 3361.65IU (67.23%), Selenium: 23.79µg (33.98%), Manganese: 0.63mg (31.37%), Calcium: 300.09mg (30.01%), Phosphorus: 229.42mg (22.94%), Vitamin E: 2.61mg (17.43%), Potassium: 573.74mg (16.39%), Zinc: 2.35mg (15.63%), Vitamin B2: 0.26mg (15.21%), Magnesium: 60.58mg (15.14%), Vitamin B6: 0.29mg (14.48%), Iron: 2.6mg (14.43%), Fiber: 3.45g (13.8%), Vitamin B3: 2.75mg (13.74%), Folate: 53.89µg (13.47%), Copper: 0.26mg (12.85%), Vitamin C: 10.54mg (12.78%), Vitamin B12: 0.61µg (10.11%), Vitamin B5: 0.62mg (6.15%), Vitamin B1: 0.09mg (5.72%)