



Spinach and Mushroom Lasagna



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



9

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 3 large egg whites
- ☐ 3 garlic cloves minced
- ☐ 9 lasagna noodles gluten-free uncooked
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 25.5 ounce tomatoes gluten-free
- ☐ 7 cups mushrooms sliced

- ☐ 1 teaspoon olive oil
- ☐ 6 tablespoons parmesan cheese fresh divided grated
- ☐ 12 ounces part-skim mozzarella cheese shredded divided
- ☐ 30 ounce part-skim ricotta cheese
- ☐ 3 cups shiitake mushroom caps sliced
- ☐ 20 ounce pkt spinach frozen dry thawed drained chopped

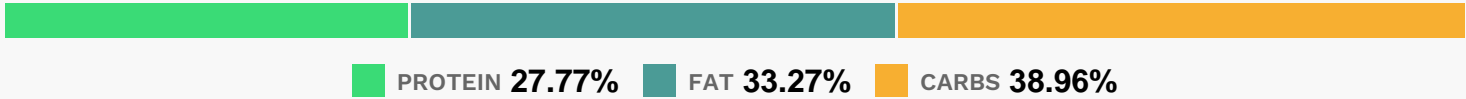
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook lasagna noodles according to package directions, omitting salt and fat.
- ☐ Drain; set aside.
- ☐ Heat oil in a nonstick skillet over medium heat.
- ☐ Add mushrooms; saut 3 minutes.
- ☐ Add nutmeg and garlic; saut 5 minutes. Set aside.
- ☐ Combine ricotta, spinach, 1/4 cup Parmesan cheese, Italian seasoning, pepper, and egg whites; set aside.
- ☐ Preheat oven to 37
- ☐ Spread 1/2 cup marinara sauce in bottom of a 13 x 9inch baking dish coated with cooking spray. Arrange 3 lasagna noodles over sauce; top with half of ricotta cheese mixture, half of mushroom mixture, 1 1/2 cups sauce, and 1 cup mozzarella cheese. Repeat layers, ending with noodles.
- ☐ Spread 1/2 cup sauce over noodles.
- ☐ Cover and bake at 375 for 40 minutes. Uncover; sprinkle with remaining 1 cup mozzarella cheese and remaining 2 tablespoons Parmesan cheese; bake 10 minutes.
- ☐ Let stand 10 minutes before serving.
- ☐ Garnish with oregano leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:3.13, Inflammation Score:-10, Nutrition Score:36.106521813766%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 431.94kcal (21.6%), Fat: 16.6g (25.54%), Saturated Fat: 9.22g (57.62%), Carbohydrates: 43.74g (14.58%), Net Carbohydrates: 37.38g (13.59%), Sugar: 7.42g (8.24%), Cholesterol: 55.75mg (18.58%), Sodium: 861.92mg (37.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.18g (62.36%), Vitamin K: 239.96µg (228.53%), Vitamin A: 8310.98IU (166.22%), Calcium: 695.68mg (69.57%), Vitamin B2: 1.01mg (59.32%), Phosphorus: 576.32mg (57.63%), Selenium: 39.84µg (56.91%), Manganese: 0.81mg (40.61%), Folate: 138.1µg (34.53%), Vitamin B3: 6.89mg (34.43%), Potassium: 1104.02mg (31.54%), Copper: 0.58mg (29.06%), Vitamin B5: 2.86mg (28.61%), Vitamin B6: 0.55mg (27.5%), Zinc: 4.12mg (27.47%), Magnesium: 108.06mg (27.02%), Fiber: 6.36g (25.42%), Vitamin E: 3.23mg (21.5%), Iron: 3.31mg (18.36%), Vitamin C: 10.98mg (13.3%), Vitamin B1: 0.18mg (12.11%), Vitamin B12: 0.66µg (11.06%), Vitamin D: 0.68µg (4.5%)