



## Spinach-Black Bean Lasagna

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



773 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 32 ounce black beans rinsed drained canned
- ☐ 6 servings cilantro leaves fresh chopped
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 10 ounce spinach frozen thawed drained chopped well
- ☐ 0.5 teaspoon ground cumin
- ☐ 9 lasagne pasta sheets
- ☐ 16 ounces monterrey jack cheese shredded with peppers, divided

- ☐ 2 pound pasta sauce
- ☐ 15 ounce ricotta cheese
- ☐ 0.5 teaspoon salt

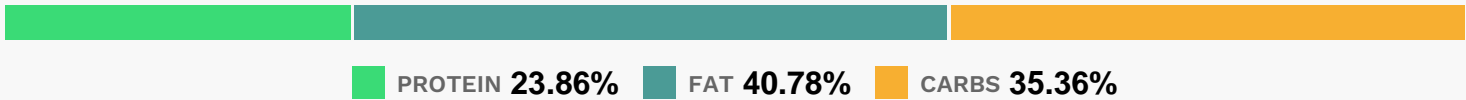
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ potato masher

## Directions

- ☐ Stir together first 5 ingredients and 1 cup Monterey Jack cheese; set aside.
- ☐ Mash beans with a potato masher or fork in a large bowl; stir in pasta sauce and cumin.
- ☐ Spread one-third of bean mixture on bottom of a lightly greased 13- x 9-inch baking dish.
- ☐ Layer with 3 noodles, half of spinach mixture, and 1 cup Monterey Jack cheese; repeat layers.
- ☐ Spread with one-third bean mixture; top with remaining 3 noodles and remaining bean mixture.
- ☐ Bake, covered, at 350 for 1 hour; uncover and top with remaining Monterey Jack cheese.
- ☐ Bake 5 more minutes or until cheese melts.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:15.93, Inflammation Score:-10, Nutrition Score:44.501304605733%

## Flavonoids

Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 773.34kcal (38.67%), Fat: 35.53g (54.66%), Saturated Fat: 21.15g (132.21%), Carbohydrates: 69.31g (23.1%), Net Carbohydrates: 53.85g (19.58%), Sugar: 7.45g (8.28%), Cholesterol: 165.43mg (55.14%), Sodium: 2065.97mg (89.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.77g (93.54%), Vitamin K: 185.15µg (176.33%), Vitamin A: 7241.77IU (144.84%), Calcium: 866.05mg (86.61%), Selenium: 58.62µg (83.75%), Phosphorus: 788.49mg (78.85%), Manganese: 1.26mg (62.92%), Fiber: 15.45g (61.82%), Vitamin B2: 0.92mg (54.22%), Folate: 212.35µg (53.09%), Magnesium: 164.32mg (41.08%), Iron: 6.99mg (38.86%), Potassium: 1337.55mg (38.22%), Zinc: 5.32mg (35.49%), Copper: 0.71mg (35.4%), Vitamin E: 4.07mg (27.12%), Vitamin B6: 0.49mg (24.63%), Vitamin B1: 0.36mg (23.93%), Vitamin C: 17.48mg (21.19%), Vitamin B3: 3.56mg (17.81%), Vitamin B12: 1.02µg (16.95%), Vitamin B5: 1.54mg (15.4%), Vitamin D: 0.93µg (6.19%)