



Spinach Lasagna

READY IN



70 min.

SERVINGS



10

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 lasagna noodles cooked
- 16 oz knudsen milkfat cottage cheese 2% low fat
- 2 eggs beaten
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.5 cup parmesan cheese divided grated kraft
- 24 oz classico family favorites pasta sauce divided traditional
- 3 cups milk mozzarella cheese shredded 2% divided kraft

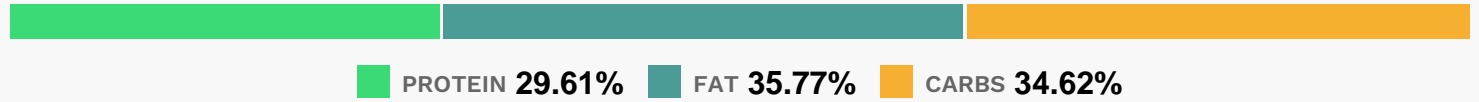
Equipment

- oven
- baking pan

Directions

- Heat oven to 350F.
- Mix eggs, cottage cheese, spinach, 2 cups mozzarella and 1/4 cup Parmesan.
- Layer 1 cup pasta sauce, 3 lasagna noodles and half the cottage cheese mixture in 13x9-inch baking dish. Repeat layers. Top with remaining noodles, sauce and cheeses.
- Bake 45 min. or until heated through.
- Let stand 10 min. before serving.

Nutrition Facts



Properties

Glycemic Index:12.05, Glycemic Load:8.98, Inflammation Score:-10, Nutrition Score:21.042173872823%

Nutrients (% of daily need)

Calories: 276.96kcal (13.85%), Fat: 11.08g (17.04%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 21.31g (7.75%), Sugar: 4.52g (5.03%), Cholesterol: 65.44mg (21.81%), Sodium: 838.85mg (36.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.64g (41.27%), Vitamin K: 108.29µg (103.14%), Vitamin A: 3955.38IU (79.11%), Selenium: 30.61µg (43.73%), Calcium: 296.35mg (29.64%), Phosphorus: 292.43mg (29.24%), Manganese: 0.46mg (23.22%), Vitamin B2: 0.35mg (20.35%), Vitamin B12: 1.2µg (19.96%), Folate: 63.24µg (15.81%), Zinc: 2.07mg (13.78%), Vitamin E: 2.02mg (13.47%), Magnesium: 52.98mg (13.25%), Iron: 2.27mg (12.6%), Potassium: 409.81mg (11.71%), Fiber: 2.81g (11.26%), Vitamin B6: 0.2mg (10.21%), Copper: 0.2mg (9.89%), Vitamin C: 6.32mg (7.66%), Vitamin B5: 0.59mg (5.93%), Vitamin B3: 1.14mg (5.69%), Vitamin B1: 0.08mg (5.22%), Vitamin D: 0.34µg (2.24%)