



Spinach Lasagna

READY IN



165 min.

SERVINGS



8

CALORIES



765 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 handful basil leaves fresh
- 2 tablespoons butter
- 2 egg yolks lightly beaten
- 2 tablespoons evoo
- 3 cups ricotta fresh drained (cow or sheep's milk)
- 2 cloves garlic chopped
- 8 servings nutmeg as needed freshly grated
- 1 small onion peeled halved
- 1 box no-boil flat lasagna noodles dried such as barilla, or 12 curly regular lasagna noodles

- 2 cups parmigiano-reggiano grated (cow's milk) (tangy sheep's milk)
- 8 servings salt and pepper black freshly ground
- 1.5 pounds mozzarella cheese diced shredded thinly sliced
- 2 boxes bags spinach frozen dry organic chopped
- 2 cups tomato sauce
- 56 ounce san marzano tomatoes canned

Equipment

- frying pan
- oven
- mixing bowl
- pot

Directions

- Watch how to make this recipe.
- Heat the EVOO in a saucepot and add the butter.
- Add the garlic and cook, stirring, for 2 minutes.
- Add the tomatoes and crush them up a bit.
- Add the passata, a fat handful of torn basil leaves, the onion and some salt and pepper. Bring to a simmer and simmer for 40 to 45 minutes.
- Remove the onion and set the sauce aside.
- Separate the spinach while adding it to a mixing bowl.
- Add half of the mozzarella, the ricotta, 1 1/2 cups of the Parmigiano-Reggiano and the eggs yolks and mix to combine. Season with grated nutmeg, salt and pepper.
- Layer a little sauce into a lasagna pan and top with three flat lasagna sheets or four curly. Top with a little more sauce, and then half of the spinach and cheese mixture. Repeat with another layer, and end on top with lasagna sheets. Top with some sauce and the remaining mozzarella and Parmigiano-Reggiano.
- The lasagna can be stored before or after baking for a make-ahead meal, or baked to serve immediately. When baking the first time, bake at 375 degrees F, uncovered, from room

temperature until cooked through and brown and bubbling on top, 60 to 70 minutes. If reheating, bake at 375 degrees F, covered, for 40 to 45 minutes.

Let the lasagna rest 20 minutes before cutting.

Serve with extra sauce on the side.

Nutrition Facts



PROTEIN 23.58% **FAT 54.44%** **CARBS 21.98%**

Properties

Glycemic Index:59.38, Glycemic Load:5.23, Inflammation Score:-9, Nutrition Score:28.938260700392%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 765.23kcal (38.26%), Fat: 46.96g (72.25%), Saturated Fat: 26.32g (164.5%), Carbohydrates: 42.67g (14.22%), Net Carbohydrates: 37.61g (13.68%), Sugar: 10.28g (11.42%), Cholesterol: 201.97mg (67.32%), Sodium: 1337.88mg (58.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.76g (91.52%), Calcium: 961.29mg (96.13%), Phosphorus: 712.43mg (71.24%), Vitamin A: 3294.12IU (65.88%), Selenium: 36.68µg (52.4%), Vitamin B12: 2.65µg (44.15%), Vitamin C: 32.53mg (39.43%), Vitamin B2: 0.61mg (36.04%), Zinc: 4.9mg (32.66%), Potassium: 946.38mg (27.04%), Vitamin K: 25.64µg (24.42%), Manganese: 0.43mg (21.5%), Fiber: 5.05g (20.21%), Vitamin E: 2.98mg (19.9%), Magnesium: 74.8mg (18.7%), Vitamin B6: 0.35mg (17.65%), Folate: 64.69µg (16.17%), Iron: 2.32mg (12.87%), Copper: 0.26mg (12.83%), Vitamin B3: 2.09mg (10.44%), Vitamin B1: 0.16mg (10.43%), Vitamin B5: 0.95mg (9.53%), Vitamin D: 0.89µg (5.96%)