



Spinach Lasagna

READY IN



45 min.

SERVINGS



6

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground plus more to season
- ☐ 1 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 18 ounces spinach frozen
- ☐ 6 cloves garlic chopped
- ☐ 0.5 lemon zest grated
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 1 cup parmesan divided grated

- ☐ 2 cups part-skim ricotta
- ☐ 2 teaspoons sea salt plus more to season (preferably sea salt)
- ☐ 1 tablespoon butter salted
- ☐ 6 spring onion thinly sliced
- ☐ 1.5 cups vegetable stock divided
- ☐ 9 lasagna noodles whole-wheat
- ☐ 6 large onion white red yellow halved thinly sliced (2 , 2 , 2)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

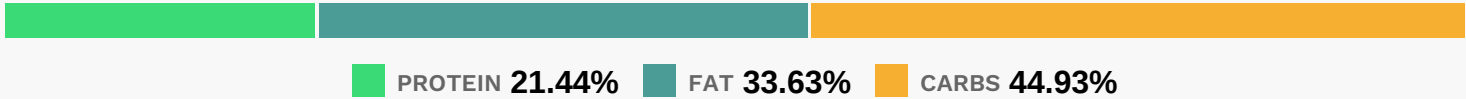
- ☐ Heat oven to 375°F. In a large sauté pan over medium heat, heat oil.
- ☐ Add onions and garlic; toss to coat.
- ☐ Add 1 cup stock; cover and reduce heat; simmer until onions are soft, 20 minutes. Reserve 1/2 cup liquid.
- ☐ Add scallions, oregano, salt and pepper to onion mixture; increase heat to medium and cook, stirring, until liquid evaporates, 20 minutes. Cook noodles as directed on package; drain and blot dry. Cook spinach as directed on package; drain, squeeze dry, and season with salt and pepper. In a small saucepan over medium heat, melt butter.
- ☐ Add flour; stir until roux is brown, 2 to 3 minutes.
- ☐ Add remaining 1/2 cup stock to reserved liquid; whisk into roux until thick, 5 minutes. In a bowl, beat egg; stir in ricotta and zest. Coat a 9" x 13" pan with cooking spray; spread half of stock-roux mixture on bottom. Line pan with 3 noodles; layer on half of onion and ricotta mixtures, half of spinach and 1/3 cup Parmesan. Repeat layer with 3 noodles, remaining onion and ricotta mixtures and spinach, and 1/3 cup Parmesan. Top with remaining 3 noodles, half of

stock-roux mixture and 1/3 cup grated Parmesan. Cover with foil; bake until light brown, 50 minutes. Reduce heat to 325°F; remove foil and bake 15 minutes more.

☐ Let lasagna sit 15 minutes; serve.

☐ Self

Nutrition Facts



Properties

Glycemic Index:53.83, Glycemic Load:4.78, Inflammation Score:-10, Nutrition Score:37.993912945623%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg, Isorhamnetin: 7.51mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 31.78mg, Quercetin: 31.78mg, Quercetin: 31.78mg, Quercetin: 31.78mg

Nutrients (% of daily need)

Calories: 497.78kcal (24.89%), Fat: 19.42g (29.88%), Saturated Fat: 9.11g (56.96%), Carbohydrates: 58.39g (19.46%), Net Carbohydrates: 52.47g (19.08%), Sugar: 8.2g (9.11%), Cholesterol: 69.26mg (23.09%), Sodium: 1481.06mg (64.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.86g (55.71%), Vitamin K: 351.46µg (334.72%), Vitamin A: 10782.61IU (215.65%), Manganese: 2.25mg (112.65%), Selenium: 57.32µg (81.89%), Calcium: 618.11mg (61.81%), Folate: 203.34µg (50.84%), Phosphorus: 487.76mg (48.78%), Magnesium: 165.85mg (41.46%), Vitamin B2: 0.56mg (32.83%), Vitamin B1: 0.41mg (27.02%), Iron: 4.74mg (26.33%), Vitamin B6: 0.52mg (25.99%), Vitamin E: 3.62mg (24.13%), Vitamin C: 19.63mg (23.8%), Fiber: 5.92g (23.67%), Zinc: 3.51mg (23.4%), Potassium: 795.34mg (22.72%), Copper: 0.44mg (22.09%), Vitamin B3: 3.08mg (15.39%), Vitamin B5: 1.11mg (11.15%), Vitamin B12: 0.51µg (8.48%), Vitamin D: 0.31µg (2.08%)