



Spinach-Lasagna Casserole

READY IN



70 min.

SERVINGS



7

CALORIES



255 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup curd cottage cheese
- 9 oz spinach frozen chopped
- 1 clove garlic finely chopped
- 1 box hawaiian rolls
- 1 lb ground beef 80% lean (at least)
- 0.3 cup parmesan cheese grated
- 4 oz mozzarella cheese shredded
- 3 cups water hot

Equipment

- bowl
- frying pan
- oven
- glass baking pan

Directions

- Heat oven to 375F. Rinse spinach with cold water to separate; drain thoroughly. In small bowl, mix mozzarella, cottage and Parmesan cheeses.
- In 10-inch skillet, cook beef and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.
- In ungreased 2-quart casserole or 11x7-inch glass baking dish, mix beef mixture, spinach, uncooked Pasta, Sauce
- Mix and hot water. Spoon cheese mixture evenly over top.
- Bake uncovered 40 to 50 minutes or until top is golden brown and sauce is bubbly.

Nutrition Facts

PROTEIN 29.68% **FAT 65.5%** **CARBS 4.82%**

Properties

Glycemic Index:20.86, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:19.536956533142%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 254.53kcal (12.73%), Fat: 18.44g (28.37%), Saturated Fat: 7.93g (49.57%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 1.98g (0.72%), Sugar: 0.82g (0.91%), Cholesterol: 64.46mg (21.49%), Sodium: 287.56mg (12.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.61%), Vitamin K: 137.21µg (130.67%), Vitamin A: 4435.5IU (88.71%), Vitamin B12: 1.87µg (31.15%), Selenium: 17.47µg (24.95%), Zinc: 3.62mg (24.11%), Phosphorus: 224.88mg (22.49%), Calcium: 188.54mg (18.85%), Vitamin B2: 0.26mg (15.36%), Folate: 60.68µg (15.17%), Vitamin B3: 2.97mg (14.84%), Vitamin B6: 0.29mg (14.66%), Manganese: 0.28mg (13.96%), Iron: 2.06mg (11.42%),

Magnesium: 45.2mg (11.3%), Potassium: 337.45mg (9.64%), Vitamin E: 1.38mg (9.23%), Copper: 0.12mg (5.86%),
Vitamin B1: 0.07mg (4.91%), Vitamin B5: 0.48mg (4.8%), Fiber: 1.07g (4.27%), Vitamin C: 2.14mg (2.59%), Vitamin D:
0.16µg (1.08%)