



Spinach Lasagna Cupcakes

 Popular

READY IN



65 min.

SERVINGS



6

CALORIES



298 kcal

Ingredients

- 6 lasagna noodles cooked drained cut in half
- 1.5 cups pasta sauce
- 9 oz spinach frozen dry cooked drained chopped
- 15 oz ricotta cheese
- 1 teaspoon oregano dried
- 0.5 teaspoon garlic powder
- 0.3 teaspoon salt
- 1 eggs
- 2 oz mozzarella cheese shredded

- 2 tablespoons parmesan cheese grated
- 1 serving tomato sauce warmed

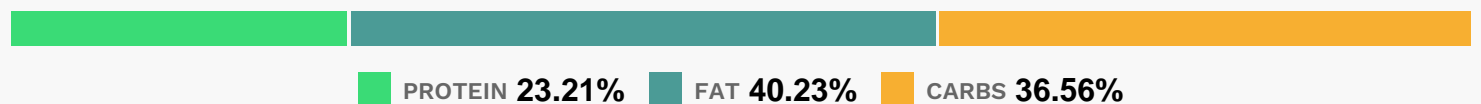
Equipment

- bowl
- frying pan
- oven
- aluminum foil
- muffin liners

Directions

- Heat oven to 350°F. Spray 6 jumbo muffin cups with cooking spray
- Line each muffin cup with 2 lasagna noodle halves, crisscrossing over bottom of cup, coming up sides of cup. Spoon about 1 tablespoon pasta sauce over noodles in each cup.
- In medium bowl, mix spinach, ricotta cheese, oregano, garlic powder, salt and egg.
- Place about 1/2 cup spinach mixture over sauce in each muffin cup; top each with about 3 tablespoons pasta sauce, 1 1/2 tablespoons mozzarella cheese and 1 teaspoon Parmesan cheese. Cover with foil.
- Bake 35 minutes. Uncover; bake about 5 minutes longer or until cheese is melted.
- Let stand in pan 10 minutes; remove from pan, and serve immediately. If desired, serve with additional pasta sauce.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:10.51, Inflammation Score:-10, Nutrition Score:23.22043466568%

Nutrients (% of daily need)

Calories: 297.62kcal (14.88%), Fat: 13.54g (20.83%), Saturated Fat: 7.77g (48.58%), Carbohydrates: 27.68g (9.23%), Net Carbohydrates: 23.97g (8.72%), Sugar: 3.86g (4.28%), Cholesterol: 72.34mg (24.11%), Sodium: 674.66mg

(29.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.57g (35.14%), Vitamin K: 163.6µg (155.81%), Vitamin A: 5778.97IU (115.58%), Selenium: 33.67µg (48.11%), Manganese: 0.61mg (30.49%), Calcium: 289.34mg (28.93%), Phosphorus: 249.74mg (24.97%), Folate: 86.83µg (21.71%), Vitamin B2: 0.37mg (21.57%), Vitamin E: 2.69mg (17.93%), Magnesium: 67.19mg (16.8%), Iron: 2.94mg (16.33%), Fiber: 3.7g (14.81%), Potassium: 518.07mg (14.8%), Zinc: 2.01mg (13.37%), Copper: 0.24mg (12.03%), Vitamin B6: 0.24mg (11.9%), Vitamin C: 8.07mg (9.78%), Vitamin B12: 0.54µg (9.07%), Vitamin B3: 1.37mg (6.86%), Vitamin B5: 0.65mg (6.47%), Vitamin B1: 0.09mg (5.91%), Vitamin D: 0.33µg (2.23%)