

Spinach Lasagna III

 Popular

READY IN



110 min.

SERVINGS



12

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon basil leaves dried
- ☐ 1 eggs
- ☐ 1 cup mushrooms fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 20 lasagna noodles
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion chopped

- ☐ 1 teaspoon oregano dried
- ☐ 1 cup parmesan cheese grated
- ☐ 3 cups tomato pasta sauce
- ☐ 3 cups ricotta cheese
- ☐ 0.7 cup romano cheese grated
- ☐ 1 teaspoon salt
- ☐ 3 cups mozzarella cheese shredded
- ☐ 2 cups pkt spinach fresh

Equipment

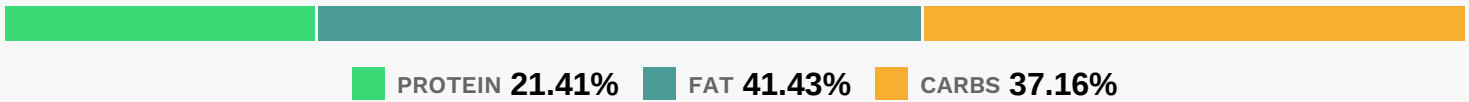
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add lasagna noodles and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a skillet over medium-high heat, cook mushrooms, onions, and garlic in olive oil until onions are tender.
- ☐ Drain excess liquid and cool. Boil spinach for 5 minutes.
- ☐ Drain, then squeeze out excess liquid. Chop spinach.
- ☐ Combine ricotta cheese, Romano cheese, spinach, salt, oregano, basil, pepper, and egg in a bowl.
- ☐ Add cooled mushroom mixture. Beat with an electric mixer on low speed for 1 minute.

- ☐ Lay 5 lasagna noodles in bottom of a 9x13 inch baking dish.
- ☐ Spread one third of the cheese/spinach mixture over noodles.
- ☐ Sprinkle 1 cup mozzarella cheese and 1/3 cup Parmesan cheese on top.
- ☐ Spread 1 cup pasta sauce over cheese. Repeat layering 2 times.
- ☐ Cover dish with aluminum foil and bake in a preheated oven for 1 hour. Cool 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:16.22, Inflammation Score:-8, Nutrition Score:18.98391311065%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 472.25kcal (23.61%), Fat: 21.78g (33.51%), Saturated Fat: 11.68g (72.99%), Carbohydrates: 43.97g (14.66%), Net Carbohydrates: 41.01g (14.91%), Sugar: 4.7g (5.22%), Cholesterol: 80.41mg (26.8%), Sodium: 937.43mg (40.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.33g (50.65%), Selenium: 49.43µg (70.61%), Calcium: 437.45mg (43.75%), Phosphorus: 418.96mg (41.9%), Manganese: 0.62mg (30.97%), Vitamin K: 31.58µg (30.08%), Vitamin A: 1318.42IU (26.37%), Vitamin B2: 0.38mg (22.47%), Zinc: 2.99mg (19.94%), Vitamin B12: 1.06µg (17.66%), Magnesium: 59.34mg (14.83%), Potassium: 478.47mg (13.67%), Copper: 0.27mg (13.61%), Fiber: 2.97g (11.86%), Iron: 2.07mg (11.51%), Vitamin B6: 0.23mg (11.32%), Vitamin E: 1.63mg (10.87%), Folate: 40.21µg (10.05%), Vitamin B3: 1.87mg (9.33%), Vitamin C: 7.06mg (8.56%), Vitamin B5: 0.82mg (8.16%), Vitamin B1: 0.1mg (6.48%), Vitamin D: 0.39µg (2.63%)