



Spinach-Ricotta Skillet Lasagna

READY IN



40 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large eggs
- ☐ 0.3 teaspoon garlic powder
- ☐ 4 servings nutmeg
- ☐ 4 ounces no boil lasagna noodles (half a box)
- ☐ 0.5 cup parmesan grated
- ☐ 1 cup part-skim mozzarella cheese shredded
- ☐ 1.5 cups ricotta cheese
- ☐ 4 servings salt and pepper
- ☐ 10 oz spinach frozen dry thawed chopped

☐ 14 oz tomato sauce

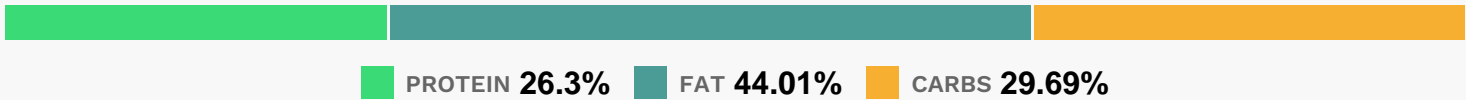
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ stove

Directions

- ☐ Mix mozzarella, Parmesan, garlic powder, 1/4 tsp. pepper and a pinch of nutmeg. In a separate bowl, whisk ricotta with egg and spinach until blended and smooth. Season with salt and pepper.
- ☐ Spread 1/3 of sauce over bottom of a large, heavy skillet. Arrange 2 pasta sheets on top.
- ☐ Spread half of spinach mixture over pasta, then scatter 1/3 of mozzarella mixture on top. Top with 2 more pasta sheets, then spread with 1/3 of sauce.
- ☐ Sprinkle with 1/3 of mozzarella mixture.
- ☐ Place another 2 sheets on top and pour over remaining sauce. Break remaining sheets of pasta into large pieces and use them to fill in around edges of skillet.
- ☐ Dollop remaining spinach mixture over top, and sprinkle on remaining mozzarella mixture.
- ☐ Transfer skillet to stovetop and cook, covered, over medium-low heat until top is firm, 20 minutes.
- ☐ Remove from heat and set aside, covered, for 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:2.98, Inflammation Score:-10, Nutrition Score:29.123043474944%

Nutrients (% of daily need)

Calories: 456.55kcal (22.83%), Fat: 22.88g (35.2%), Saturated Fat: 13.58g (84.86%), Carbohydrates: 34.73g (11.58%), Net Carbohydrates: 29.74g (10.82%), Sugar: 5.79g (6.43%), Cholesterol: 133.01mg (44.34%), Sodium: 1186.43mg (51.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.76g (61.53%), Vitamin K: 268.15µg (255.38%), Vitamin A: 9456IU (189.12%), Calcium: 675.74mg (67.57%), Phosphorus: 454.63mg (45.46%), Selenium: 29.09µg (41.56%), Vitamin B2: 0.59mg (34.67%), Manganese: 0.68mg (33.99%), Folate: 133.74µg (33.43%), Vitamin E: 3.79mg (25.24%), Magnesium: 95.52mg (23.88%), Potassium: 767.46mg (21.93%), Zinc: 3.02mg (20.14%), Fiber: 4.99g (19.95%), Iron: 3.1mg (17.23%), Vitamin B6: 0.32mg (15.88%), Copper: 0.28mg (13.87%), Vitamin B12: 0.81µg (13.45%), Vitamin C: 10.91mg (13.22%), Vitamin B5: 0.84mg (8.43%), Vitamin B1: 0.13mg (8.35%), Vitamin B3: 1.54mg (7.7%), Vitamin D: 0.58µg (3.88%)