



## Stovetop Lasagna

READY IN



30 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 cups baby spinach
- 0.3 cup basil fresh thinly sliced
- 4 servings kosher salt
- 4 ounces lasagna noodles
- 1 pound ground meatloaf mix such as beef, pork and veal
- 1 tablespoon olive oil extra-virgin plus more for drizzling
- 6 tablespoons parmesan cheese grated
- 0.1 teaspoon pepper flakes red
- 0.3 cup ricotta cheese

- 1 cup mozzarella cheese shredded
- 2 cups tomato sauce

## Equipment

- bowl
- frying pan
- pot
- baking pan
- broiler
- cutting board

## Directions

- Preheat the broiler. Fill a wide pot with 3 inches of salted water and bring to a boil.
- Add the noodles and cook until al dente, about 11 minutes, then drain, transfer to a cutting board and halve crosswise.
- Meanwhile, heat the olive oil in a large skillet over medium-high heat.
- Add the ground meat and cook, stirring, until browned.
- Add the tomato sauce and red pepper flakes and simmer 5 minutes.
- Add the spinach and stir until it wilts, then add the ricotta and bring to a low simmer. Season with salt and remove from the heat. Toss the mozzarella and 4 tablespoons parmesan in a bowl.
- Cover the bottom of an 8-inch-square baking dish with a layer of slightly overlapping lasagna noodles. Top with half of the meat sauce and half of the cheese mixture. Repeat with another layer of noodles and the remaining meat sauce and cheese mixture. Cover with the remaining noodles and sprinkle with the remaining 2 tablespoons parmesan.
- Drizzle lightly with olive oil and broil until golden and bubbling, 3 to 5 minutes. Top with the basil.
- Photograph by Andrew Purcell

## Nutrition Facts



■ PROTEIN 28.61% ■ FAT 50.25% ■ CARBS 21.14%

## Properties

Glycemic Index:60.75, Glycemic Load:11.06, Inflammation Score:-9, Nutrition Score:22.275217346523%

## Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 554.08kcal (27.7%), Fat: 32.45g (49.93%), Saturated Fat: 12.86g (80.36%), Carbohydrates: 30.73g (10.24%), Net Carbohydrates: 27.45g (9.98%), Sugar: 5.57g (6.19%), Cholesterol: 118.56mg (39.52%), Sodium: 1198.62mg (52.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.57g (83.14%), Vitamin K: 121.53µg (115.74%), Vitamin A: 3084.03IU (61.68%), Selenium: 29.28µg (41.82%), Manganese: 0.63mg (31.38%), Calcium: 298.87mg (29.89%), Phosphorus: 278.03mg (27.8%), Iron: 4.71mg (26.19%), Vitamin E: 2.91mg (19.37%), Vitamin C: 15.17mg (18.39%), Potassium: 615.09mg (17.57%), Vitamin B2: 0.29mg (16.84%), Folate: 65.71µg (16.43%), Magnesium: 62.73mg (15.68%), Zinc: 2.19mg (14.57%), Vitamin B12: 0.81µg (13.5%), Copper: 0.27mg (13.45%), Fiber: 3.29g (13.14%), Vitamin B6: 0.23mg (11.66%), Vitamin B3: 1.94mg (9.68%), Vitamin B5: 0.63mg (6.27%), Vitamin B1: 0.09mg (5.75%), Vitamin D: 0.19µg (1.27%)