

Tuscan Lasagna

READY IN



45 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground beef
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup crimini mushrooms sliced
- ☐ 1.5 teaspoons basil dried
- ☐ 0.5 teaspoon fennel seeds
- ☐ 4 tablespoons parsley fresh chopped
- ☐ 2 cups spinach frozen thawed
- ☐ 2 garlic clove crushed
- ☐ 1 teaspoon seasoning italian

- ☐ 8 ounces lasagne pasta sheets
- ☐ 1 cup part-skim ricotta
- ☐ 16 ounces tomatoes low-sodium divided
- ☐ 0.3 cup parmesan grated
- ☐ 0.5 cup part-skim mozzarella cheese fresh divided
- ☐ 1 tablespoons salt
- ☐ 0.5 cup onion white minced

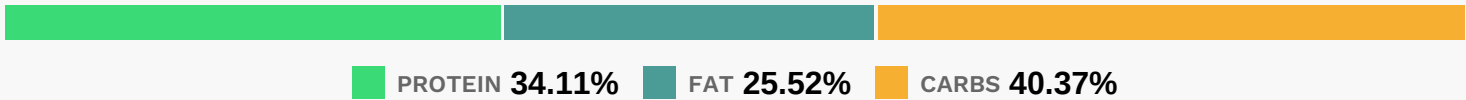
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375°F. In a large pan over medium heat, cook beef, mushrooms, onion, garlic, parsley, salt, basil, Italian seasoning, fennel seeds and pepper until beef is browned, 12 minutes; transfer to a bowl and stir in ricotta. Cook noodles as directed on package; drain and rinse with cold water. In an 8" x 11" baking dish coated with cooking spray, place a layer of noodles. Top with 1/3 of the meat mixture, 1/3 of the marinara and 1/3 of the mozzarella. Repeat to create two more layers with remaining noodles, meat, marinara and mozzarella; before last layer, scatter spinach. Top with
- ☐ Parmesan. Cover with foil.
- ☐ Bake 30 minutes; remove foil and bake 20 minutes more. Cool 10 minutes before serving.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:13.1, Inflammation Score:-10, Nutrition Score:33.786956724913%

Flavonoids

Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 392.23kcal (19.61%), Fat: 11.17g (17.18%), Saturated Fat: 5.77g (36.09%), Carbohydrates: 39.74g (13.25%), Net Carbohydrates: 35.16g (12.78%), Sugar: 5.14g (5.71%), Cholesterol: 69.44mg (23.15%), Sodium: 1813.51mg (78.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.58g (67.16%), Vitamin K: 246.65µg (234.91%), Vitamin A: 6905.07IU (138.1%), Selenium: 53.47µg (76.39%), Manganese: 0.93mg (46.41%), Phosphorus: 447.89mg (44.79%), Zinc: 6.03mg (40.23%), Calcium: 368.32mg (36.83%), Vitamin B12: 1.97µg (32.81%), Vitamin B3: 6.42mg (32.09%), Vitamin B2: 0.5mg (29.7%), Vitamin B6: 0.59mg (29.26%), Folate: 110.59µg (27.65%), Iron: 4.9mg (27.23%), Potassium: 921.89mg (26.34%), Magnesium: 105.28mg (26.32%), Copper: 0.43mg (21.54%), Vitamin E: 3.02mg (20.11%), Fiber: 4.58g (18.33%), Vitamin C: 13.04mg (15.81%), Vitamin B5: 1.28mg (12.83%), Vitamin B1: 0.17mg (11.2%), Vitamin D: 0.18µg (1.23%)