



Two-Step Lasagna

READY IN



15 min.

SERVINGS



10

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce pkt spinach frozen thawed
- ☐ 12 no-cook lasagna noodles
- ☐ 1 recipe meat lover's chunky sauce
- ☐ 15 ounce ricotta cheese
- ☐ 16 ounce mozzarella cheese shredded divided (4 cups)

Equipment

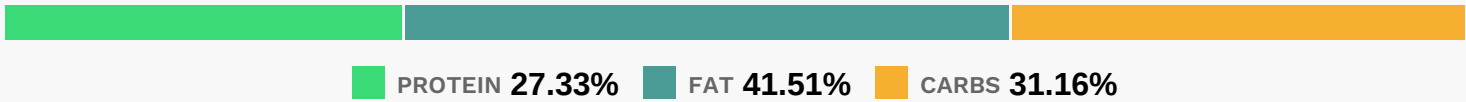
- ☐ paper towels
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Drain spinach well, pressing between paper towels.
- ☐ Stir together spinach and ricotta cheese.
- ☐ Spread 3 cups sauce in a lightly greased 13- x 9-inch baking dish. Arrange 4 noodles over sauce.
- ☐ Spread spinach mixture evenly over noodles.
- ☐ Sprinkle one-third mozzarella cheese evenly over spinach mixture; arrange 4 noodles over mozzarella. Top with 3 cups sauce and one-third mozzarella cheese. Top with remaining noodles and sauce. Cover tightly with aluminum foil.
- ☐ Bake at 350 for 1 hour. Uncover and sprinkle evenly with remaining one-third mozzarella cheese.
- ☐ Bake 10 more minutes.
- ☐ Let stand 5 minutes before serving.
- ☐ *9 cups Speedy Marinara Sauce may be substituted for 1 recipe Meat Lover's Chunky Sauce.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:10.7, Inflammation Score:-10, Nutrition Score:22.159565111865%

Nutrients (% of daily need)

Calories: 368.71kcal (18.44%), Fat: 16.91g (26.02%), Saturated Fat: 9.73g (60.79%), Carbohydrates: 28.57g (9.52%), Net Carbohydrates: 26.67g (9.7%), Sugar: 1.66g (1.85%), Cholesterol: 71.99mg (24%), Sodium: 369.33mg (16.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.11%), Vitamin K: 107.05µg (101.95%), Vitamin A: 3826.91IU (76.54%), Selenium: 44.05µg (62.92%), Calcium: 361.85mg (36.18%), Phosphorus: 352.62mg (35.26%), Manganese: 0.53mg (26.36%), Vitamin B12: 1.22µg (20.4%), Vitamin B2: 0.32mg (18.68%), Zinc: 2.58mg (17.21%), Vitamin B3: 3.16mg (15.82%), Vitamin B6: 0.3mg (15.04%), Magnesium: 58.7mg (14.67%), Folate: 56.34µg (14.08%), Potassium: 335.76mg (9.59%), Copper: 0.16mg (7.9%), Iron: 1.42mg (7.87%), Fiber: 1.9g (7.59%), Vitamin E: 1.03mg (6.9%), Vitamin B5: 0.65mg (6.48%), Vitamin B1: 0.09mg (6.03%), Vitamin C: 1.83mg (2.22%), Vitamin D: 0.29µg

(1.93%)