



Zucchini-and-Spinach Lasagna

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



700 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings garnish: basil leaves fresh
- ☐ 8 oz whipped chive-and-onion cream cheese
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 2 tablespoons olive oil
- ☐ 6 no-boil lasagna noodles
- ☐ 15 oz ricotta cheese
- ☐ 1 teaspoon salt

- ☐ 7 oz mozzarella cheese shredded
- ☐ 10 oz pkt spinach fresh
- ☐ 2.5 lb zucchini thinly sliced

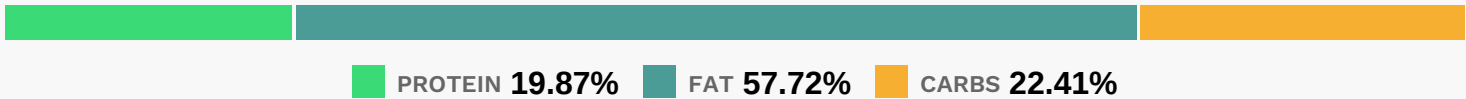
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Stir together first 4 ingredients in a bowl.
- ☐ Saut zucchini in hot oil in a large skillet over medium-high heat 3 to 4 minutes or until lightly browned.
- ☐ Add spinach; gently toss until wilted.
- ☐ Add garlic; cook 1 minute.
- ☐ Spoon one-third of vegetables into a lightly greased 9-inch square baking dish; top with 2 noodles and one-third of ricotta mixture. Repeat twice.
- ☐ Sprinkle with mozzarella.
- ☐ Bake, covered with lightly greased aluminum foil, at 425 for 25 to 30 minutes or until bubbly and noodles are tender. Uncover and bake 5 to 10 minutes or until golden.
- ☐ Let stand 10 minutes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:37.955652288769%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg, Quercetin: 4.71mg

Nutrients (% of daily need)

Calories: 700.39kcal (35.02%), Fat: 45.87g (70.58%), Saturated Fat: 24.49g (153.08%), Carbohydrates: 40.08g (13.36%), Net Carbohydrates: 34.62g (12.59%), Sugar: 10.45g (11.61%), Cholesterol: 140.62mg (46.87%), Sodium: 1324.04mg (57.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.54g (71.08%), Vitamin K: 377.66µg (359.68%), Vitamin A: 8771.06IU (175.42%), Vitamin C: 71.85mg (87.09%), Calcium: 664.39mg (66.44%), Manganese: 1.23mg (61.56%), Folate: 224.53µg (56.13%), Phosphorus: 490.59mg (49.06%), Vitamin B2: 0.75mg (44.28%), Potassium: 1367.82mg (39.08%), Selenium: 25.35µg (36.22%), Vitamin B6: 0.69mg (34.46%), Magnesium: 131.59mg (32.9%), Zinc: 4.02mg (26.77%), Vitamin B12: 1.49µg (24.88%), Fiber: 5.45g (21.81%), Iron: 3.79mg (21.05%), Vitamin E: 3.03mg (20.21%), Copper: 0.29mg (14.53%), Vitamin B1: 0.22mg (14.39%), Vitamin B3: 2mg (10%), Vitamin B5: 0.94mg (9.38%), Vitamin D: 0.41µg (2.74%)