



All-Time Favorite Lasagna

READY IN



100 min.

SERVINGS



8

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounce curd cottage cheese cream-style
- ☐ 1 eggs lightly beaten
- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 pound sausage italian
- ☐ 1 cup onion chopped
- ☐ 9 no-boil lasagna noodles
- ☐ 0.3 cup parmesan cheese grated

- ☐ 3 tablespoons parsley fresh italian chopped
- ☐ 3 cups mozzarella cheese shredded
- ☐ 24 ounce spaghetti sauce

Equipment

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

Directions

- ☐ Preheat oven to 375 degrees F. Cook sausage, onion, and garlic over medium heat in a large skillet for 8 to 10 minutes or until sausage is fully cooked, stirring frequently.
- ☐ Drain off fat.
- ☐ Add spaghetti sauce and basil to sausage; heat through.
- ☐ [Cleaning tip: Once the stove top is cool, wipe up any oil splatters or spills with Clorox® Disinfecting Wipes*. Rinse hands once complete.]
- ☐ Combine cottage cheese, the 3/4 cup Parmesan cheese, egg, parsley, and pepper in a medium bowl.
- ☐ Spoon 1/2 cup of the sauce evenly over the bottom of a 3-quart rectangular baking dish. Top evenly with 3 noodles, 1/3 of the cottage cheese mixture, 1/3 of the mozzarella cheese, and 1/3 of the remaining sauce, spreading ingredients evenly. Repeat process for 2 remaining layers.
- ☐ Sprinkle the 1/4 cup Parmesan over top. Cover with foil.
- ☐ Bake for 30 minutes. Uncover and bake 20 minutes more or until browned and noodles are tender.
- ☐ Let stand for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:2.74, Inflammation Score:-7, Nutrition Score:17.010434700095%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 488.09kcal (24.4%), Fat: 31.04g (47.75%), Saturated Fat: 13.35g (83.43%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 22.81g (8.29%), Sugar: 5.85g (6.51%), Cholesterol: 115.72mg (38.57%), Sodium: 1279.25mg (55.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.64g (55.28%), Selenium: 28.88µg (41.26%), Phosphorus: 359.24mg (35.92%), Calcium: 310.08mg (31.01%), Vitamin B12: 1.75µg (29.13%), Vitamin K: 30.29µg (28.85%), Vitamin B1: 0.38mg (25.5%), Vitamin B2: 0.38mg (22.54%), Zinc: 2.87mg (19.15%), Vitamin A: 922.02IU (18.44%), Vitamin B6: 0.34mg (17.03%), Potassium: 578.67mg (16.53%), Vitamin B3: 2.83mg (14.17%), Vitamin C: 11mg (13.34%), Iron: 1.99mg (11.04%), Manganese: 0.2mg (10.11%), Vitamin B5: 0.98mg (9.82%), Fiber: 2.44g (9.74%), Vitamin E: 1.43mg (9.55%), Magnesium: 37.71mg (9.43%), Copper: 0.18mg (9.07%), Folate: 29.47µg (7.37%), Vitamin D: 0.34µg (2.24%)