



Apple Lasagna

READY IN



60 min.

SERVINGS



15

CALORIES



312 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 40 ounce peach pie filling canned
- ☐ 0.3 cup brown sugar packed
- ☐ 1 eggs lightly beaten
- ☐ 6 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 pinch ground nutmeg
- ☐ 8 lasagna noodles
- ☐ 3 teaspoons butter

- ☐ 0.3 cup cooking oats quick
- ☐ 1 cup ricotta cheese
- ☐ 2 cups cheddar cheese shredded
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 0.3 cup sugar white

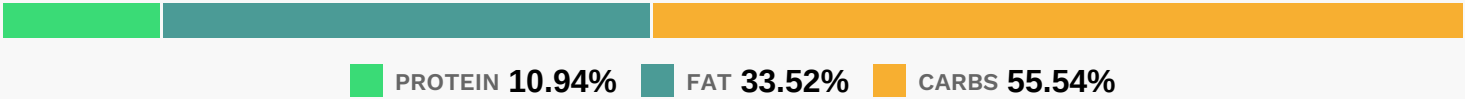
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.
- ☐ Add lasagna noodles, and cook until tender, about 8 minutes.
- ☐ Drain, and rinse noodles, and set aside.
- ☐ In a medium bowl, mix together the Cheddar cheese, ricotta cheese, egg, white sugar, and almond extract.
- ☐ Spread one can of apple pie filling in the bottom of a 9x13 inch baking dish.
- ☐ Layer half of the noodles to cover the filling.
- ☐ Spread the cheese mixture over the noodles. Top with the remaining noodles, and spread the remaining can of apple pie filling over the top of those.
- ☐ In a small bowl, stir together the flour, 6 tablespoons brown sugar, oats, cinnamon and nutmeg.
- ☐ Mix in margarine until the mixture is crumbly.
- ☐ Sprinkle over the top of the pie filling.
- ☐ Bake for 45 minutes in the preheated oven. Cool for 15 minutes. While the lasagna cools, stir together the sour cream and 1/3 cup brown sugar. To serve, cut into squares and top with sour cream as a garnish.

Nutrition Facts



Properties

Glycemic Index:25.41, Glycemic Load:9.23, Inflammation Score:-3, Nutrition Score:6.6304348033407%

Nutrients (% of daily need)

Calories: 311.61kcal (15.58%), Fat: 11.79g (18.13%), Saturated Fat: 6.15g (38.44%), Carbohydrates: 43.94g (14.65%), Net Carbohydrates: 42.45g (15.44%), Sugar: 19.61g (21.79%), Cholesterol: 43.46mg (14.49%), Sodium: 168.74mg (7.34%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 8.66g (17.31%), Selenium: 19.35µg (27.65%), Calcium: 170.33mg (17.03%), Phosphorus: 156.16mg (15.62%), Manganese: 0.26mg (12.92%), Vitamin B2: 0.17mg (10.17%), Vitamin A: 390.09IU (7.8%), Zinc: 1.14mg (7.62%), Fiber: 1.49g (5.96%), Copper: 0.11mg (5.55%), Magnesium: 22.17mg (5.54%), Vitamin B12: 0.28µg (4.59%), Iron: 0.81mg (4.49%), Vitamin B1: 0.06mg (4.3%), Folate: 16.17µg (4.04%), Potassium: 135.45mg (3.87%), Vitamin B6: 0.07mg (3.36%), Vitamin B5: 0.32mg (3.2%), Vitamin B3: 0.52mg (2.59%), Vitamin E: 0.31mg (2.07%), Vitamin C: 1.43mg (1.73%), Vitamin D: 0.18µg (1.21%), Vitamin K: 1.25µg (1.19%)