



Better-than-Ever Cheesy Meat Lasagna

READY IN



65 min.

SERVINGS



5

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 lasagna noodles cooked
- 16 oz knudsen milkfat cottage cheese 2% low fat
- 1 eggs beaten
- 0.8 lb extra-lean ground beef
- 3 cloves garlic minced
- 1.5 tsp oregano leaves dried
- 0.3 cup parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 7 oz milk mozzarella cheese shredded 2% divided kraft

1 large tomatoes chopped

Equipment

sauce pan

oven

baking pan

Directions

Heat oven to 375F.

Brown meat with garlic and oregano in large saucepan. Stir in pasta sauce; simmer on medium-low heat 5 min., stirring occasionally.

Remove from heat; stir in tomatoes.

Mix egg, cottage cheese and Parmesan until blended.

Spread 1/2 cup pasta sauce mixture onto bottom of 13x9-inch baking dish sprayed with cooking spray. Top with layers of 3 noodles, half the cottage cheese mixture, 1/2 cup mozzarella and 1 cup of the remaining pasta sauce mixture; repeat layers. Top with remaining noodles and pasta sauce mixture; cover.

Bake 30 min. or until heated through. Top with remaining mozzarella; bake, uncovered, 5 min. or until melted.

Let stand 5 min. before serving.

Nutrition Facts



PROTEIN 34.88% **FAT 29.19%** **CARBS 35.93%**

Properties

Glycemic Index:38.7, Glycemic Load:18.34, Inflammation Score:-8, Nutrition Score:26.889130613078%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 525.2kcal (26.26%), Fat: 16.95g (26.08%), Saturated Fat: 8.65g (54.08%), Carbohydrates: 46.96g (15.65%), Net Carbohydrates: 42.27g (15.37%), Sugar: 9.36g (10.4%), Cholesterol: 114.25mg (38.08%), Sodium: 1410.42mg (61.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.58g (91.15%), Selenium: 60.81µg (86.87%), Phosphorus: 557.57mg (55.76%), Vitamin B12: 3.15µg (52.44%), Zinc: 6.24mg (41.63%), Calcium: 353.15mg (35.32%), Vitamin B2: 0.55mg (32.4%), Manganese: 0.62mg (31%), Vitamin B6: 0.61mg (30.27%), Vitamin B3: 5.94mg (29.7%), Iron: 5.11mg (28.41%), Potassium: 916.9mg (26.2%), Vitamin A: 1298.04IU (25.96%), Copper: 0.39mg (19.26%), Magnesium: 76.01mg (19%), Fiber: 4.69g (18.76%), Vitamin C: 15.09mg (18.29%), Vitamin E: 2.71mg (18.09%), Vitamin B5: 1.43mg (14.29%), Folate: 48.1µg (12.03%), Vitamin K: 11.39µg (10.85%), Vitamin B1: 0.14mg (9.07%), Vitamin D: 0.43µg (2.85%)