



100%
HEALTH SCORE

Cheese Lasagna

 Very Healthy

READY IN



65 min.

SERVINGS



1

CALORIES



4710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 eggs
- 3 cloves garlic minced
- 1 teaspoon seasoning italian
- 16 ounce lasagne pasta sheets
- 1 teaspoon olive oil
- 0.3 cup parmesan cheese grated
- 4 cups ricotta cheese
- 1 serving salt and pepper to taste

- 2 cups mozzarella cheese shredded
- 32 ounce pasta sauce


Equipment

- bowl
- sauce pan
- oven
- pot
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and lay lasagna flat on foil to cool.
- In a medium bowl, combine ricotta, Parmesan, eggs, salt and pepper; mix well.
- In a medium saucepan, heat oil over medium heat and saute garlic for 2 minutes; stir in spaghetti sauce and Italian seasoning.
- Heat sauce until warmed through, stirring occasionally, 2 to 5 minutes.
- Spread 1/2 cup of sauce in the bottom of a 9x13 baking dish. Cover with a layer of noodles.
- Spread half the ricotta mixture over noodles; top with another noodle layer.
- Pour 1 1/2 cups of sauce over noodles, and spread the remaining ricotta over the sauce. Top with remaining noodles and sauce and sprinkle mozzarella over all. Cover with greased foil.
- Bake 45 minutes, or until cheese is bubbly and top is golden.

Nutrition Facts

 **PROTEIN 22.2%**  **FAT 41.27%**  **CARBS 36.53%**

Properties

Glycemic Index:176, Glycemic Load:162.04, Inflammation Score:-10, Nutrition Score:88.200434809146%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 4709.63kcal (235.48%), Fat: 216.26g (332.71%), Saturated Fat: 123.35g (770.94%), Carbohydrates: 430.66g (143.55%), Net Carbohydrates: 401.49g (146%), Sugar: 50.23g (55.81%), Cholesterol: 1359.35mg (453.12%), Sodium: 7448.35mg (323.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 261.72g (523.45%), Selenium: 538.18µg (768.83%), Phosphorus: 3986.26mg (398.63%), Calcium: 3774.85mg (377.49%), Manganese: 5.58mg (278.91%), Vitamin B2: 4.34mg (255.36%), Vitamin A: 11058.23IU (221.16%), Zinc: 29.95mg (199.67%), Vitamin B12: 10.38µg (173.07%), Potassium: 5267.94mg (150.51%), Magnesium: 567.93mg (141.98%), Copper: 2.76mg (138.18%), Iron: 23.47mg (130.37%), Vitamin B6: 2.49mg (124.73%), Vitamin E: 18mg (120.02%), Fiber: 29.16g (116.65%), Vitamin B5: 10.04mg (100.38%), Folate: 387.24µg (96.81%), Vitamin B3: 18.27mg (91.37%), Vitamin C: 66.36mg (80.43%), Vitamin B1: 0.92mg (61.39%), Vitamin K: 57.87µg (55.11%), Vitamin D: 6.53µg (43.5%)