



Cheeseburger Lasagna

READY IN



105 min.

SERVINGS



8

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 oz tomato sauce canned
- 4 oz colby cheese shredded
- 2 cups curd cottage cheese
- 2 tablespoons onion soup mix dry (half 1-oz package)
- 2 eggs
- 1 cup catsup
- 8 lasagne pasta sheets uncooked
- 1 lb ground beef 80% lean (at least)
- 0.5 cup parmesan cheese grated

- 4 oz cheddar cheese shredded
- 0.5 cup water

Equipment

- bowl
- sauce pan
- oven
- knife
- aluminum foil
- glass baking pan

Directions

- Heat oven to 375F. In 3-quart saucepan, cook ground beef over medium-high heat, stirring frequently, until thoroughly cooked; remove from heat and drain. Stir in tomato sauce, ketchup, water and soup mix.
- In medium bowl, beat eggs well. Stir in cottage cheese and Parmesan cheese.
- Spoon 1 1/2 cups of meat sauce in bottom of ungreased 13x9-inch (3-quart) glass baking dish. Top with 4 uncooked lasagna noodles (noodles may not reach ends of dish). Top with half of cottage cheese mixture and half of remaining meat sauce.
- Repeat layers with remaining lasagna noodles, cottage cheese mixture and meat sauce.
- Sprinkle shredded cheese over top.
- Cut 16x12-inch sheet of regular or nonstick foil; if using regular foil, spray with cooking spray. Cover dish loosely with foil, sprayed side down.
- Bake 1 hour or until lasagna is bubbly and noodles can be easily pierced with tip of sharp knife. Uncover dish; bake 10 to 15 minutes longer or until cheese on top is melted.
- Let stand 15 minutes before serving.

Nutrition Facts



PROTEIN **23.92%** FAT **45.93%** CARBS **30.15%**

Properties

Glycemic Index:17.63, Glycemic Load:10.84, Inflammation Score:-7, Nutrition Score:20.530434670656%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 520.3kcal (26.01%), Fat: 26.71g (41.1%), Saturated Fat: 12.35g (77.17%), Carbohydrates: 39.47g (13.16%), Net Carbohydrates: 36.76g (13.37%), Sugar: 12.68g (14.09%), Cholesterol: 123.86mg (41.29%), Sodium: 1448.29mg (62.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.3g (62.6%), Selenium: 44.25µg (63.22%), Phosphorus: 463.9mg (46.39%), Calcium: 344.21mg (34.42%), Vitamin B12: 1.91µg (31.77%), Zinc: 4.67mg (31.11%), Vitamin B2: 0.5mg (29.67%), Vitamin B6: 0.46mg (22.81%), Vitamin B3: 4.47mg (22.36%), Vitamin A: 1090IU (21.8%), Manganese: 0.43mg (21.55%), Potassium: 743.45mg (21.24%), Vitamin E: 2.57mg (17.15%), Iron: 3mg (16.69%), Copper: 0.31mg (15.48%), Magnesium: 61.14mg (15.28%), Vitamin B5: 1.36mg (13.56%), Fiber: 2.7g (10.82%), Vitamin C: 8.74mg (10.59%), Folate: 39.13µg (9.78%), Vitamin B1: 0.11mg (7.41%), Vitamin K: 5.81µg (5.54%), Vitamin D: 0.53µg (3.56%)