



## Classic Cheese Lasagna

READY IN



65 min.

SERVINGS



5

CALORIES



899 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 lasagna noodles cooked
- 1 eggs beaten
- 0.3 cup parsley fresh chopped
- 3 cups polly-o mozzarella cheese shredded divided
- 0.5 cup parmesan cheese divided grated kraft
- 32 oz polly-o original ricotta cheese
- 24 oz classico tomato and basil pasta sauce

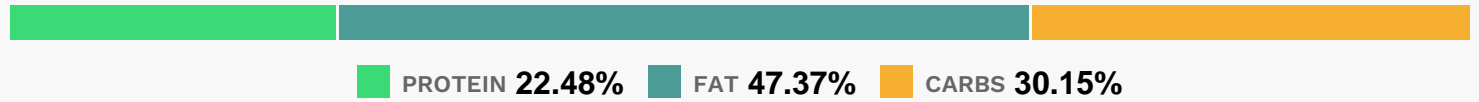
### Equipment

- oven
- baking pan

## Directions

- Heat oven to 350F.
- Mix ricotta, 2 cups mozzarella, 1/4 cup Parmesan, parsley and egg until blended.
- Spread 3/4 cup pasta sauce onto bottom of 13x9-inch baking dish; top with 3 lasagna noodles and 1/3 of the ricotta mixture. Repeat layers of sauce, noodles and ricotta mixture twice; cover with remaining noodles and sauce.
- Sprinkle with remaining mozzarella and Parmesan.
- Bake 45 min. or until heated through.
- Let stand 15 min. before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:26.9, Glycemic Load:22.21, Inflammation Score:-9, Nutrition Score:28.508695239606%

## Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 898.56kcal (44.93%), Fat: 46.84g (72.05%), Saturated Fat: 26.5g (165.59%), Carbohydrates: 67.07g (22.36%), Net Carbohydrates: 60.03g (21.83%), Sugar: 11.85g (13.17%), Cholesterol: 187.06mg (62.35%), Sodium: 1276.02mg (55.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.02g (100.03%), Selenium: 81.95µg (117.08%), Calcium: 866.03mg (86.6%), Phosphorus: 690.64mg (69.06%), Vitamin K: 52.94µg (50.42%), Vitamin A: 2464.87IU (49.3%), Vitamin B12: 2.36µg (39.37%), Vitamin B2: 0.65mg (38.26%), Zinc: 5.38mg (35.87%), Fiber: 7.05g (28.18%), Manganese: 0.51mg (25.52%), Potassium: 787.55mg (22.5%), Iron: 4mg (22.24%), Magnesium: 65.37mg (16.34%), Vitamin C: 10.52mg (12.75%), Folate: 45.85µg (11.46%), Copper: 0.2mg (10.21%), Vitamin B6: 0.2mg (9.96%), Vitamin B5: 0.82mg (8.22%), Vitamin D: 0.86µg (5.72%), Vitamin B1: 0.08mg (5.42%), Vitamin B3: 0.89mg (4.44%), Vitamin E: 0.58mg (3.86%)