



Classic Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce canned tomatoes canned
- ☐ 3 cups curd cottage cheese
- ☐ 1 tablespoon basil dried
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 pound ground beef
- ☐ 10 ounce lasagna noodles dry
- ☐ 1 pound mozzarella cheese

- ☐ 1 medium onion finely chopped
- ☐ 1.5 cups parmesan cheese shredded
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 12 ounce tomato paste canned
- ☐ 10.8 ounce tomato purée canned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook ground beef in a large skillet over medium-high heat, stirring until it crumbles and is no longer pink.
- ☐ Add onion and garlic; cook 3 minutes or until tender; drain. Stir in tomatoes and next 4 ingredients; simmer 30 minutes, stirring occasionally. (For investment cooking, cool sauce, then freeze in an airtight container.)
- ☐ Cook noodles according to package directions; drain, and set aside.
- ☐ Combine cottage cheese and next 5 ingredients in a large bowl.
- ☐ Place half of noodles in a 13- x 9-inch greased baking dish.
- ☐ Spread half of cottage cheese mixture over noodles, and top with half of cheese slices. Spoon meat sauce over cheese. Top with remaining noodles cottage cheese mixture, and cheese slices.
- ☐ Bake at 375 for 40 minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:15.17, Inflammation Score:-8, Nutrition Score:30.052608531454%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 673.53kcal (33.68%), Fat: 34.66g (53.33%), Saturated Fat: 16.91g (105.67%), Carbohydrates: 43.43g (14.48%), Net Carbohydrates: 39.17g (14.24%), Sugar: 10.65g (11.83%), Cholesterol: 158.71mg (52.9%), Sodium: 1599.76mg (69.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.27g (94.54%), Selenium: 57.95µg (82.78%), Phosphorus: 699.27mg (69.93%), Calcium: 669.29mg (66.93%), Vitamin B12: 3.21µg (53.45%), Zinc: 6mg (40.01%), Manganese: 0.72mg (35.92%), Vitamin B2: 0.61mg (35.71%), Vitamin K: 35.25µg (33.57%), Vitamin B6: 0.58mg (29.04%), Iron: 4.61mg (25.6%), Vitamin B3: 4.95mg (24.73%), Potassium: 846.72mg (24.19%), Copper: 0.46mg (22.9%), Magnesium: 89.78mg (22.45%), Vitamin A: 1100.16IU (22%), Vitamin C: 15.45mg (18.73%), Fiber: 4.26g (17.05%), Vitamin B5: 1.68mg (16.83%), Vitamin E: 2.4mg (16.01%), Vitamin B1: 0.22mg (14.81%), Folate: 55.27µg (13.82%), Vitamin D: 0.71µg (4.75%)