

Cream Cheese and Swiss Lasagna

READY IN



95 min.

SERVINGS



12

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds ground beef 90% lean ()
- 30 ounces tomato sauce canned
- 14 ounces canned tomatoes diced italian undrained canned
- 12 ounces cream cheese softened
- 1 teaspoon basil dried
- 3 garlic clove minced
- 1 pound ground sausage italian johnsonville®
- 1 teaspoon seasoning italian
- 9 lasagne pasta sheets

- 1 medium onion finely chopped
- 2 teaspoons oregano dried
- 2 cups parmesan shredded
- 2 cups part-skim mozzarella cheese shredded divided
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.5 teaspoon sugar
- 2 cups swiss cheese shredded
- 6 ounces canned tomatoes canned

Equipment

- baking sheet
- oven
- baking pan
- dutch oven

Directions

- In a Dutch oven over medium heat, cook the beef, sausage and onion until meat is no longer pink.
- Add garlic; cook 1 minute longer.
- Drain. Stir in the tomato sauce, tomatoes, tomato paste, oregano, basil, Italian seasoning, sugar, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes.
- Spread 1 cup sauce in a greased 13-in. x 9-in. baking dish. Top with three noodles. Drop a third of the cream cheese by teaspoonfuls over the top.
- Sprinkle with 1/2 cup mozzarella and 2/3 cup each of Parmesan cheese and Swiss cheese; spoon a third of the remaining sauce over the top. Repeat with layers of noodles, cheeses and sauce twice (dish will be full).
- Place dish on a baking sheet.
- Cover and bake at 350° for 45 minutes.
- Sprinkle with remaining mozzarella cheese.

Bake, uncovered, 10–15 minutes longer or until bubbly and cheese is melted.

Let stand for 15 minutes before cutting.

Nutrition Facts

PROTEIN 24.31% **FAT 58.16%** **CARBS 17.53%**

Properties

Glycemic Index:36.76, Glycemic Load:9.58, Inflammation Score:-8, Nutrition Score:24.894782543182%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 630.38kcal (31.52%), Fat: 40.82g (62.8%), Saturated Fat: 20.31g (126.92%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 24.63g (8.96%), Sugar: 7.16g (7.95%), Cholesterol: 134.23mg (44.74%), Sodium: 1315.76mg (57.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.4g (76.79%), Selenium: 47.24µg (67.49%), Calcium: 588.57mg (58.86%), Phosphorus: 572.53mg (57.25%), Vitamin B12: 2.56µg (42.6%), Zinc: 5.92mg (39.46%), Vitamin B3: 5.89mg (29.43%), Vitamin B6: 0.58mg (28.81%), Vitamin B2: 0.47mg (27.87%), Vitamin A: 1168.16IU (23.36%), Manganese: 0.45mg (22.74%), Vitamin B1: 0.33mg (22.33%), Potassium: 780.08mg (22.29%), Iron: 3.81mg (21.18%), Magnesium: 71.08mg (17.77%), Copper: 0.33mg (16.73%), Vitamin E: 2.33mg (15.56%), Vitamin C: 10.99mg (13.32%), Vitamin B5: 1.32mg (13.22%), Fiber: 3.06g (12.24%), Vitamin K: 11.05µg (10.52%), Folate: 32.96µg (8.24%), Vitamin D: 0.2µg (1.31%)