



Easy Cheesy Lasagna

READY IN



45 min.

SERVINGS



4

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz wide egg noodles cooked
- ☐ 1 cup curd cottage cheese
- ☐ 1 pound ground beef
- ☐ 1 cup parmesan cheese grated
- ☐ 8 oz mozzarella cheese shredded
- ☐ 26 oz spaghetti sauce

Equipment

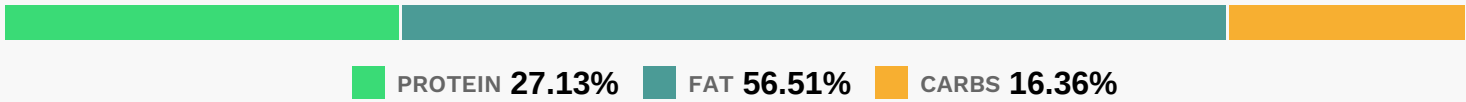
- ☐ sauce pan

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Brown ground beef in a saucepan; drain.
- ☐ Stir sauce into beef; simmer 5 minutes.
- ☐ Add noodles, mozzarella cheese and cottage cheese; mix well.
- ☐ Place in a greased 2-quart casserole dish.
- ☐ Sprinkle with Parmesan cheese; bake, uncovered, at 350 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:10.77, Inflammation Score:-8, Nutrition Score:30.04391326075%

Nutrients (% of daily need)

Calories: 737.3kcal (36.86%), Fat: 46.34g (71.29%), Saturated Fat: 21.25g (132.81%), Carbohydrates: 30.17g (10.06%), Net Carbohydrates: 26.72g (9.72%), Sugar: 8.79g (9.77%), Cholesterol: 172.42mg (57.47%), Sodium: 1910.64mg (83.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.05g (100.11%), Selenium: 55.15µg (78.78%), Vitamin B12: 4.33µg (72.23%), Phosphorus: 714.7mg (71.47%), Calcium: 603.92mg (60.39%), Zinc: 8.46mg (56.41%), Vitamin B2: 0.63mg (37.13%), Vitamin B3: 6.98mg (34.88%), Vitamin B6: 0.64mg (31.92%), Vitamin A: 1482.84IU (29.66%), Potassium: 1018.7mg (29.11%), Iron: 4.71mg (26.15%), Vitamin E: 3.49mg (23.28%), Manganese: 0.43mg (21.32%), Magnesium: 83.12mg (20.78%), Copper: 0.37mg (18.41%), Vitamin B5: 1.74mg (17.41%), Vitamin C: 12.9mg (15.64%), Fiber: 3.44g (13.78%), Folate: 40.26µg (10.07%), Vitamin B1: 0.15mg (9.86%), Vitamin K: 8.93µg (8.5%), Vitamin D: 0.57µg (3.83%)