

**100%**
HEALTH SCORE

Easy Four Cheese Lasagna

 Very Healthy

READY IN



75 min.

SERVINGS



1

CALORIES



4331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound curd cottage cheese
- 16 ounces lasagna noodles uncooked
- 1 cup parmesan cheese grated
- 8 ounces cheddar cheese shredded
- 8 ounces mozzarella cheese shredded
- 26 ounce spaghetti sauce canned

Equipment

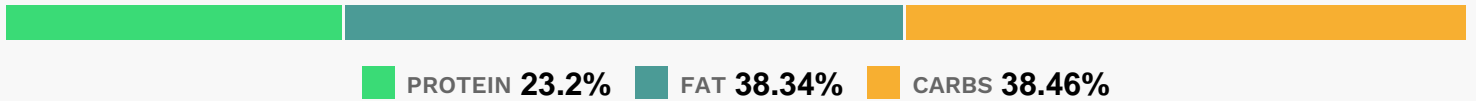
- oven

- pot
- blender
- baking pan
- hand mixer

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- In a blender or with an electric mixer, blend tomato sauce and cottage cheese together until smooth. Spoon a little of the sauce mixture in the bottom of a 9x13 baking dish.
- Place a layer of cooked noodles over the sauce, and sprinkle a portion of the mozzarella, the cheddar and the parmesan over the noodles. Repeat layering of sauce, noodles and cheese; finish with a cheese layer.
- Bake in preheated oven 30 to 45 minutes, until cheese is bubbly and golden.

Nutrition Facts



Properties

Glycemic Index:168, Glycemic Load:155.77, Inflammation Score:-10, Nutrition Score:81.629565860914%

Nutrients (% of daily need)

Calories: 4330.97kcal (216.55%), Fat: 184.36g (283.64%), Saturated Fat: 98.23g (613.96%), Carbohydrates: 416.07g (138.69%), Net Carbohydrates: 390.5g (142%), Sugar: 53.62g (59.57%), Cholesterol: 570.08mg (190.03%), Sodium: 9605.09mg (417.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 251.07g (502.13%), Selenium: 472.83µg (675.47%), Phosphorus: 4253.1mg (425.31%), Calcium: 4207.7mg (420.77%), Manganese: 5.13mg (256.65%), Vitamin B2: 3.48mg (204.57%), Zinc: 29.11mg (194.05%), Vitamin B12: 10.88µg (181.26%), Vitamin A: 8497.26IU (169.95%), Magnesium: 528.85mg (132.21%), Copper: 2.43mg (121.49%), Potassium: 4203.4mg (120.1%), Fiber: 25.57g (102.29%), Vitamin B6: 1.9mg (94.83%), Vitamin E: 14.12mg (94.12%), Iron: 15.1mg (83.89%), Vitamin B5: 8.34mg (83.41%), Vitamin B3: 15.9mg (79.48%), Folate: 271.92µg (67.98%), Vitamin C: 51.6mg (62.54%), Vitamin B1: 0.87mg (57.89%), Vitamin K: 33.45µg (31.86%), Vitamin D: 3.22µg (21.48%)