



Easy Gift Lasagna

READY IN



45 min.

SERVINGS



12

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 lasagne pasta sheets cooked
- 2 Tbsp olive oil
- 1 cup parmesan cheese fresh grated
- 1 small container ricotta cheese
- 4 cups mozzarella cheese shredded
- 1 pasta sauce

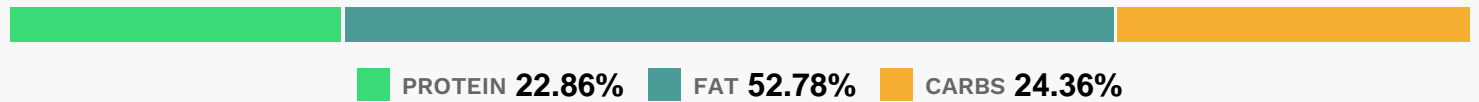
Equipment

- frying pan

Directions

- Prepare Sauce according to instructions and set aside.Prepare Lasagna noodles according to package instructions be sure to salt the water. After drained, toss with olive oil to help prevent sticking
- Cut Lasagna noodles to the required length to fit in the pan. Save the smaller pieces as you may need to piece them together while making the lasagna.Set your containers out in a row in front of you. Coat the bottom of each pan with one large spoonful of sauce. Then begin to layer noodles, Spoonfulls of ricotta cheese that are sufficient to coat the noodles, several spoonfuls of sauce to make a layer over the ricotta, shredded mozzarella to cover the sauce then repeat starting with the noodles again. Should make 2-3 layers depending on depth of pan. End with layer of Mozzarella cheese and sprinkle the parmesan over the top.Cover with the included top and label with a sharpie marker name of dish, instructions for preparation and date of preparation. Use by date.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:6.82, Inflammation Score:-4, Nutrition Score:9.0465217391304%

Nutrients (% of daily need)

Calories: 307.27kcal (15.36%), Fat: 17.93g (27.58%), Saturated Fat: 9.52g (59.5%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 17.94g (6.52%), Sugar: 1.05g (1.17%), Cholesterol: 54.81mg (18.27%), Sodium: 411.37mg (17.89%), Protein: 17.47g (34.94%), Selenium: 27.67µg (39.53%), Calcium: 339.96mg (34%), Phosphorus: 280.66mg (28.07%), Vitamin B12: 1.08µg (18.07%), Zinc: 2.16mg (14.39%), Vitamin B2: 0.22mg (12.71%), Manganese: 0.21mg (10.65%), Vitamin A: 482.42IU (9.65%), Magnesium: 25.42mg (6.36%), Copper: 0.08mg (3.78%), Potassium: 128mg (3.66%), Iron: 0.62mg (3.46%), Vitamin E: 0.51mg (3.42%), Vitamin B6: 0.07mg (3.28%), Folate: 11.15µg (2.79%), Fiber: 0.67g (2.69%), Vitamin K: 2.82µg (2.68%), Vitamin B1: 0.04mg (2.46%), Vitamin B5: 0.25mg (2.46%), Vitamin B3: 0.44mg (2.2%), Vitamin D: 0.26µg (1.75%)