



Easy Lasagna I

 Popular

READY IN



105 min.

SERVINGS



8

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce mushrooms drained canned
- ☐ 16 ounce curd cottage cheese
- ☐ 2 eggs
- ☐ 16 ounce lasagna noodles
- ☐ 1 pound ground beef lean
- ☐ 1 onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 pint part-skim ricotta cheese

- ☐ 8 ounces mozzarella cheese shredded
- ☐ 28 ounce spaghetti sauce

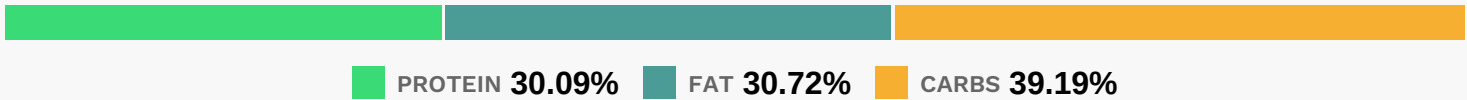
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large skillet, cook and stir ground beef until brown.
- ☐ Add mushrooms and onions; saute until onions are transparent. Stir in pasta sauce, and heat through.
- ☐ In a medium size bowl, combine cottage cheese, ricotta cheese, grated Parmesan cheese, and eggs.
- ☐ Spread a thin layer of the meat sauce in the bottom of a 13x9 inch pan.
- ☐ Layer with uncooked lasagna noodles, cheese mixture, mozzarella cheese, and meat sauce. Continue layering until all ingredients are used, reserving 1/2 cup mozzarella. Cover pan with aluminum foil.
- ☐ Bake in preheated oven for 45 minutes. Uncover, and top with remaining half cup of mozzarella cheese.
- ☐ Bake for an additional 15 minutes.
- ☐ Remove from oven, and let stand 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:19.69, Inflammation Score:-7, Nutrition Score:25.882608849069%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 572.45kcal (28.62%), Fat: 19.42g (29.88%), Saturated Fat: 9.93g (62.07%), Carbohydrates: 55.75g (18.58%), Net Carbohydrates: 51.83g (18.85%), Sugar: 8.03g (8.93%), Cholesterol: 129.16mg (43.05%), Sodium: 1080.06mg (46.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.8g (85.6%), Selenium: 71.68µg (102.41%), Phosphorus: 601.07mg (60.11%), Calcium: 420.71mg (42.07%), Vitamin B12: 2.47µg (41.2%), Zinc: 6.17mg (41.11%), Manganese: 0.68mg (34.23%), Vitamin B2: 0.54mg (31.76%), Vitamin B3: 5.47mg (27.37%), Vitamin B6: 0.5mg (24.79%), Potassium: 833.33mg (23.81%), Iron: 3.83mg (21.25%), Copper: 0.41mg (20.67%), Magnesium: 82.67mg (20.67%), Vitamin A: 1014.49IU (20.29%), Vitamin B5: 1.74mg (17.39%), Fiber: 3.92g (15.68%), Vitamin E: 1.93mg (12.84%), Folate: 48.33µg (12.08%), Vitamin B1: 0.16mg (10.63%), Vitamin C: 7.96mg (9.65%), Vitamin K: 4.21µg (4.01%), Vitamin D: 0.55µg (3.69%)