



## Easy Lasagna I

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 lasagne pasta sheets
- 1 pound ground beef lean
- 1 onion chopped
- 0.3 cup parmesan cheese grated
- 1 pint part-skim ricotta
- 8 ounces mozzarella cheese shredded

28 ounce pasta 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.

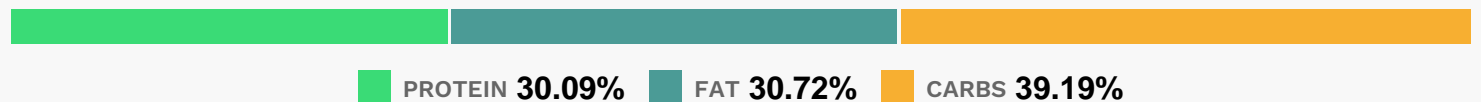
Layer with uncooked lasagna noodles, cheese mixture, mozzarella cheese, and meat sauce. Continue layering until all ingredients are used, reserving 1/2 cup mozzarella. Cover pan with aluminum foil.

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%)