



Easy Meatless Lasagna

READY IN



95 min.

SERVINGS



8

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups curd cottage cheese
- 0.5 cup parmesan cheese grated
- 2 tablespoons parsley fresh chopped
- 1 tablespoon oregano dried fresh chopped
- 56 ounces pasta sauce (any variety)
- 12 lasagne pasta sheets uncooked
- 8 ounces mozzarella cheese shredded
- 0.3 cup parmesan cheese grated
- 1 oz cheese shredded

Equipment

- frying pan
- oven

Directions

- Heat oven to 350°F.
- Mix ricotta cheese, 1/2 cup Parmesan cheese, the parsley and oregano.
- Spread 2 cups of the pasta sauce in ungreased rectangular pan, 13x9x2 inches; top with 4 uncooked noodles.
- Spread ricotta cheese mixture over noodles.
- Spread with 2 cups pasta sauce and top with 4 noodles; repeat with 2 cups pasta sauce and 4 noodles.
- Sprinkle with 2 cups mozzarella cheese.
- Spread with remaining pasta sauce.
- Sprinkle with 1/4 cup Parmesan cheese.
- Cover and bake 30 minutes. Uncover and bake about 30 minutes longer or until hot and bubbly.
- Sprinkle with additional mozzarella cheese.
- Let stand 15 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:16.73, Inflammation Score:-9, Nutrition Score:20.49304325166%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 399.81kcal (19.99%), Fat: 13.86g (21.32%), Saturated Fat: 7.04g (44.02%), Carbohydrates: 46.17g (15.39%), Net Carbohydrates: 41.55g (15.11%), Sugar: 10.04g (11.15%), Cholesterol: 43.7mg (14.57%), Sodium: 1486.84mg (64.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.1g (48.2%), Selenium: 42.35µg (60.5%), Phosphorus: 400.33mg (40.03%), Calcium: 345.95mg (34.6%), Manganese: 0.65mg (32.41%), Vitamin A: 1341.49IU (26.83%), Vitamin K: 26.78µg (25.51%), Potassium: 796.75mg (22.76%), Vitamin B2: 0.38mg (22.28%), Vitamin E: 3.2mg (21.33%), Copper: 0.38mg (18.97%), Fiber: 4.62g (18.48%), Vitamin C: 15.24mg (18.47%), Zinc: 2.65mg (17.64%), Vitamin B12: 1.05µg (17.56%), Magnesium: 68.64mg (17.16%), Iron: 2.96mg (16.42%), Vitamin B6: 0.31mg (15.4%), Vitamin B3: 2.82mg (14.09%), Vitamin B5: 1.2mg (12.04%), Folate: 38.49µg (9.62%), Vitamin B1: 0.11mg (7.65%), Vitamin D: 0.24µg (1.59%)