



Four-Cheese Lasagna

READY IN



70 min.

SERVINGS



10

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz canned tomatoes diced drained canned
- 12 lasagna noodles cooked
- 1 cup knudsen milkfat cottage cheese 2% low fat
- 1 eggs beaten
- 1 lb extra-lean ground beef
- 8 oz low-moisture part-skim mozzarella cheese shredded divided kraft
- 8 oz philadelphia neufchatel cheese softened
- 1 onion chopped
- 0.5 tsp oregano leaves dried

- 0.5 cup parmesan cheese divided grated kraft
- 24 oz classico family favorites pasta sauce traditional

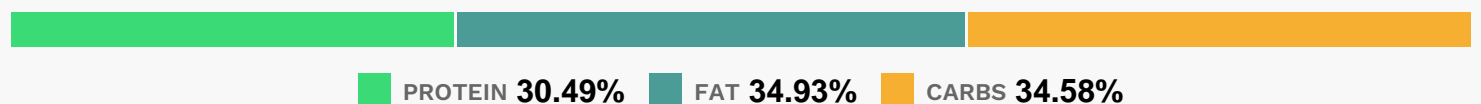
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Brown meat with onions in large skillet. Meanwhile, mix Neufchatel, cottage cheese, 1-1/2 cups mozzarella, 1/4 cup Parmesan and egg until blended.
- Drain meat; return to skillet. Stir in pasta sauce, tomatoes and oregano; simmer 5 min.
- Remove from heat. Spoon 1 cup meat sauce onto bottom of 13x9-inch baking dish; top with layers of 3 lasagna noodles, 1 cup cheese mixture and 1 cup meat sauce. Repeat layers twice. Top with remaining noodles, meat sauce, mozzarella and Parmesan; cover.
- Bake 50 min. or until heated through, uncovering after 40 min.
- Let stand 10 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:11.76, Inflammation Score:-6, Nutrition Score:16.746956628302%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 362.46kcal (18.12%), Fat: 14.04g (21.59%), Saturated Fat: 7.44g (46.51%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 28.32g (10.3%), Sugar: 5.89g (6.54%), Cholesterol: 81.04mg (27.01%), Sodium: 814.05mg (35.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.57g (55.13%), Selenium: 36.49µg (52.13%), Phosphorus: 368.08mg (36.81%), Calcium: 299.7mg (29.97%), Zinc: 4.08mg (27.17%), Vitamin B12: 1.52µg (25.32%), Vitamin B2: 0.34mg (19.78%), Vitamin B6: 0.39mg (19.58%), Vitamin B3: 3.87mg (19.36%), Manganese: 0.37mg (18.52%), Iron: 3.32mg (18.44%), Potassium: 573.41mg (16.38%), Vitamin A: 720.55IU (14.41%), Magnesium: 49.9mg (12.48%), Copper: 0.24mg (12.08%), Fiber: 2.95g (11.81%), Vitamin C: 9.4mg (11.4%), Vitamin E: 1.64mg (10.96%), Vitamin B5: 0.93mg (9.26%), Folate: 29.32µg (7.33%), Vitamin B1: 0.09mg (6%), Vitamin K: 4.71µg (4.48%), Vitamin D: 0.23µg (1.51%)