



Healthier Lasagna

READY IN



60 min.

SERVINGS



10

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 2 teaspoons basil dried
- 1 teaspoon marjoram dried
- 2 tablespoons parsley dried
- 0.5 cup egg substitute whole
- 0.5 lb ground beef lean
- 8 ounces nonfat cottage cheese fat-free
- 4 garlic clove chopped
- 0.5 lb turkey sausage italian (casing removed)

- 8 ounces lasagne pasta sheets
- 1.5 cups cheddar cheese shredded low-fat
- 8 ounces cream sour low-fat
- 0.8 cup mushrooms sliced
- 1 medium onion chopped
- 0.8 cup parmesan
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 2 cups mozzarella cheese shredded
- 6 ounce canned tomatoes canned

Equipment

- frying pan
- oven
- pot
- baking pan

Directions

- Cook lasagna noodles according to package directions and drain. Meanwhile, brown meats with mushrooms, onion and garlic.
- Drain and return to skillet or pot.
- Add tomatoes, tomato paste, basil, and marjoram to meat mixture. Simmer over low heat for 15 minutes, stirring often. Preheat oven to 37
- Combine egg substitute (or beaten eggs) cottage cheese, sour cream, 1/2 cup parmesan, parsley, salt and pepper.
- Place half of the noodles in the bottom of a 13x9 baking pan.
- Spread half of the cottage cheese mixture over noodles, then half the meat, half the cheddar and half of the mozzarella. Repeat layers and top with 1/4 cup parmesan.
- Bake 40-45 minutes or until bubbly.
- Let stand 10 minutes before cutting.

Nutrition Facts

PROTEIN 32.18% FAT 35.86% CARBS 31.96%

Properties

Glycemic Index:29.3, Glycemic Load:8.6, Inflammation Score:-6, Nutrition Score:18.857391295226%

Flavonoids

Apigenin: 18.02mg, Apigenin: 18.02mg, Apigenin: 18.02mg, Apigenin: 18.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 358.18kcal (17.91%), Fat: 14.3g (22%), Saturated Fat: 7.84g (48.98%), Carbohydrates: 28.67g (9.56%), Net Carbohydrates: 26.14g (9.51%), Sugar: 5.63g (6.26%), Cholesterol: 61.96mg (20.65%), Sodium: 1030.45mg (44.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.87g (57.74%), Selenium: 40.37µg (57.67%), Phosphorus: 443.24mg (44.32%), Calcium: 378.58mg (37.86%), Iron: 4.65mg (25.85%), Vitamin B12: 1.53µg (25.54%), Zinc: 3.73mg (24.86%), Vitamin B2: 0.42mg (24.44%), Manganese: 0.46mg (22.84%), Vitamin B6: 0.38mg (19.19%), Vitamin B3: 3.63mg (18.13%), Vitamin C: 14.35mg (17.4%), Potassium: 545.12mg (15.57%), Magnesium: 56.64mg (14.16%), Copper: 0.28mg (13.79%), Vitamin K: 13.21µg (12.58%), Vitamin B5: 1.12mg (11.18%), Vitamin A: 516.82IU (10.34%), Fiber: 2.53g (10.12%), Vitamin B1: 0.14mg (9.61%), Vitamin E: 1.21mg (8.05%), Folate: 29.73µg (7.43%), Vitamin D: 0.42µg (2.79%)