



 **29%**
HEALTH SCORE

Healthier Meat Lasagna

READY IN



80 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 lasagna noodles whole-wheat (4 ounces total)
- 1 tablespoon olive oil
- 1 medium onion chopped
- 1 pound eggplant peeled cut into ½-inch pieces
- 2 garlic clove minced
- 1 serving coarse mustard
- 0.5 pound ground sirloin
- 10.8 ounces canned tomatoes canned
- 2 cups curd cottage cheese (1 percent)

- 0.3 cup parmesan grated ()
- 2 ounces part-skim mozzarella cheese shredded

Equipment

- bowl
- oven
- baking pan
- dutch oven

Directions

- Preheat oven to 375 degrees.
- Place noodles in an 8-by-8-inch baking dish, and cover with hot tap water; set aside to soften.
- In a 5-quart Dutch oven or heavy pot, heat oil over medium-high.
- Add onion, eggplant, and garlic; season with salt and pepper. Cover and cook, stirring occasionally, until eggplant is very tender, 8 to 10 minutes.
- Add sirloin, and cook, breaking up meat with a spoon, until no longer pink, 3 to 5 minutes.
- Add tomato puree, and cook until thickened, 3 to 5 minutes. Season meat sauce with salt and pepper.
- Meanwhile, in a medium bowl, combine cottage cheese and 1/4 cup Parmesan; season with salt and pepper.
- Remove noodles from baking dish, discarding water.
- Spread about 1/4 cup meat sauce in bottom of dish, and top with 4 noodle halves.
- Layer with 1/3 cheese mixture, then 1/3 sauce. Repeat twice with remaining noodles, cheese mixture, and sauce.
- Sprinkle with mozzarella and remaining 2 tablespoons Parmesan.
- Bake until lasagna is bubbling and cheese topping is golden, 30 to 35 minutes.
- Let stand 10 minutes before cutting and serving.
- David Loftus

Nutrition Facts

PROTEIN 27.31% FAT 35.55% CARBS 37.14%

Properties

Glycemic Index:52.75, Glycemic Load:4.34, Inflammation Score:-8, Nutrition Score:28.701739274937%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg 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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 536.97kcal (26.85%), Fat: 21.82g (33.57%), Saturated Fat: 8.41g (52.53%), Carbohydrates: 51.28g (17.09%), Net Carbohydrates: 45.88g (16.68%), Sugar: 11.78g (13.09%), Cholesterol: 71.09mg (23.7%), Sodium: 702.61mg (30.55%), Alcohol: Og (100%), Protein: 37.71g (75.43%), Manganese: 1.76mg (88.1%), Selenium: 55.6µg (79.43%), Phosphorus: 557.21mg (55.72%), Calcium: 349.91mg (34.99%), Zinc: 5.01mg (33.4%), Vitamin B3: 6.65mg (33.25%), Vitamin B12: 1.91µg (31.79%), Vitamin B6: 0.62mg (30.97%), Magnesium: 120.15mg (30.04%), Vitamin B2: 0.49mg (28.57%), Potassium: 923.73mg (26.39%), Copper: 0.51mg (25.72%), Vitamin B1: 0.38mg (25.58%), Iron: 4.25mg (23.58%), Fiber: 5.4g (21.61%), Folate: 82.82µg (20.71%), Vitamin B5: 1.97mg (19.7%), Vitamin C: 12.01mg (14.56%), Vitamin E: 2.14mg (14.28%), Vitamin K: 11.34µg (10.8%), Vitamin A: 466.65IU (9.33%), Vitamin D: 0.24µg (1.62%)