



## Healthy Living Cheesy Meat Lasagna

READY IN



65 min.

SERVINGS



5

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 9 lasagna noodles cooked drained
- 16 oz knudsen milkfat cottage cheese 2% low fat divided
- 0.8 lb extra-lean ground beef
- 3 cloves garlic minced
- 1.5 tsp oregano leaves dried
- 24 oz classico family favorites pasta sauce traditional
- 7 oz milk mozzarella cheese shredded 2% divided kraft
- 1 large tomatoes chopped

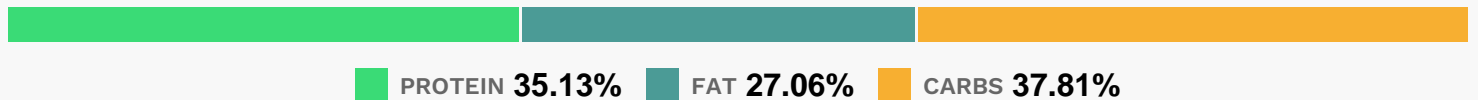
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Heat oven to 375F.
- Brown meat with garlic and oregano in medium saucepan. Stir in pasta sauce; simmer 5 min.
- Remove from heat; stir in tomatoes.
- Spread 1/2 cup of the sauce mixture in 13x9-inch baking dish.
- Layer 3 noodles, 1 cup cottage cheese, 1/2 cup mozzarella and 1 cup of the remaining sauce mixture in dish. Repeat layers. Top with remaining 3 noodles and remaining sauce mixture; cover.
- Bake 30 min. or until heated through. Uncover; top with remaining mozzarella.
- Bake, uncovered, 5 min. or until melted.
- Let stand 5 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:38.7, Glycemic Load:18.34, Inflammation Score:-8, Nutrition Score:25.357391264128%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 491.56kcal (24.58%), Fat: 14.72g (22.64%), Saturated Fat: 7.6g (47.51%), Carbohydrates: 46.28g (15.43%), Net Carbohydrates: 41.59g (15.12%), Sugar: 9.32g (10.36%), Cholesterol: 77.17mg (25.72%), Sodium: 1310.42mg (56.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.99g (85.97%), Selenium: 56.36µg (80.51%),

Phosphorus: 508.45mg (50.85%), Vitamin B12: 3µg (50.01%), Zinc: 5.91mg (39.43%), Manganese: 0.61mg (30.67%), Calcium: 304.03mg (30.4%), Vitamin B3: 5.93mg (29.65%), Vitamin B6: 0.59mg (29.32%), Vitamin B2: 0.49mg (29.02%), Iron: 4.94mg (27.43%), Potassium: 895.56mg (25.59%), Vitamin A: 1207.27IU (24.15%), Copper: 0.38mg (18.85%), Fiber: 4.69g (18.76%), Magnesium: 73.21mg (18.3%), Vitamin C: 15.09mg (18.29%), Vitamin E: 2.6mg (17.31%), Vitamin B5: 1.28mg (12.77%), Folate: 43.67µg (10.92%), Vitamin K: 11.28µg (10.74%), Vitamin B1: 0.13mg (8.74%), Vitamin D: 0.23µg (1.51%)