



## Hearty Lasagna

READY IN



45 min.

SERVINGS



9

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 ounce canned tomatoes italian-style undrained chopped canned
- 28 ounce canned tomatoes whole undrained chopped canned
- 12 lasagna noodles cooked
- 1 teaspoon basil dried
- 1 egg white lightly beaten
- 0.3 cup parsley fresh divided chopped
- 3 garlic cloves minced
- 0.8 pound ground round
- 2 cups nonfat cottage cheese

- 1 cup onion chopped
- 2 teaspoons oregano dried
- 1 ounce parmesan cheese fresh finely grated
- 0.3 teaspoon pepper
- 8 ounces provolone cheese shredded italian
- 15 ounce nonfat ricotta cheese
- 6 ounce tomato paste canned
- 8 ounce no-salt-added tomato sauce canned

## Equipment

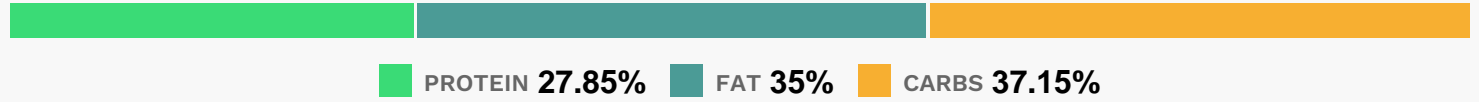
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- baking pan

## Directions

- Cook meat in a large saucepan over medium heat until browned, stirring to crumble; drain and set aside. Wipe pan with a paper towel. Coat pan with cooking spray; add the onion and garlic, and saut 5 minutes. Return meat to pan.
- Add 2 tablespoons parsley and next 7 ingredients; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Uncover; simmer 20 minutes.
- Remove from heat.
- Combine remaining 2 tablespoons parsley, cottage cheese, and next 3 ingredients in a bowl; stir well, and set aside.
- Spread 3/4 cup tomato mixture in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 noodles over tomato mixture; top with half of cottage cheese mixture, 2 1/4 cups tomato mixture, and 2/3 cup provolone. Repeat layers, ending with noodles.
- Spread the remaining tomato mixture over noodles.

- Cover; bake at 350 for 1 hour.
- Sprinkle with remaining provolone; bake, uncovered, for 10 minutes.
- Let stand 10 minutes before serving.
- Garnish with oregano, if desired.

## Nutrition Facts



### Properties

Glycemic Index:46.06, Glycemic Load:15.89, Inflammation Score:-8, Nutrition Score:25.626521903536%

### Flavonoids

Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg, Apigenin: 3.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

### Nutrients (% of daily need)

Calories: 479.54kcal (23.98%), Fat: 18.89g (29.06%), Saturated Fat: 10.6g (66.23%), Carbohydrates: 45.1g (15.03%), Net Carbohydrates: 39.76g (14.46%), Sugar: 10.11g (11.24%), Cholesterol: 71.71mg (23.9%), Sodium: 814.59mg (35.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.82g (67.64%), Selenium: 45.32µg (64.75%), Phosphorus: 497.77mg (49.78%), Calcium: 452.67mg (45.27%), Vitamin K: 42.41µg (40.39%), Manganese: 0.67mg (33.39%), Zinc: 4.45mg (29.68%), Vitamin B2: 0.49mg (29.04%), Iron: 4.94mg (27.44%), Vitamin B12: 1.64µg (27.26%), Vitamin B6: 0.52mg (26.19%), Potassium: 888.98mg (25.4%), Vitamin C: 19.67mg (23.85%), Copper: 0.47mg (23.37%), Vitamin B3: 4.6mg (23.01%), Fiber: 5.34g (21.37%), Vitamin A: 1047.75IU (20.95%), Magnesium: 80.77mg (20.19%), Vitamin E: 2.67mg (17.83%), Vitamin B5: 1.32mg (13.23%), Folate: 50.41µg (12.6%), Vitamin B1: 0.19mg (12.59%), Vitamin D: 0.27µg (1.83%)