



## Hearty Lasagna With Italian Meat Sauce

READY IN



15 min.

SERVINGS



12

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 egg whites
- 2 ounces three-blend cheese shredded italian
- 9 ounce precooked lasagna noodles dried
- 6 cups meat sauce italian
- 6 ounces part-skim mozzarella cheese shredded divided
- 15 ounce part-skim ricotta cheese
- 0.5 teaspoon pepper

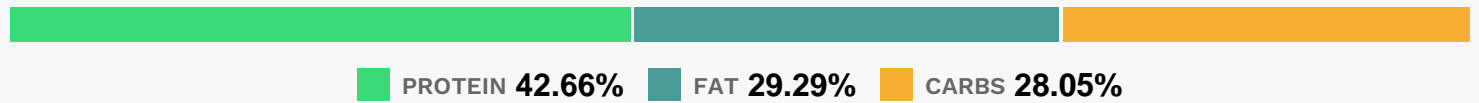
### Equipment

- oven
- baking pan

## Directions

- Stir together first 4 ingredients.
- Spread 1 1/2 cups Italian Meat Sauce in a 13- x 9-inch baking dish coated with cooking spray. Arrange 4 noodles over meat sauce; top with half of ricotta mixture, 1 1/2 cups Italian Meat Sauce, and 3/4 cup shredded mozzarella. Arrange 4 noodles over cheese; top with remaining ricotta cheese mixture and 1 1/2 cups Italian Meat Sauce. Arrange 4 noodles over sauce; top with remaining 1 1/2 cups Italian Meat Sauce.
- Sprinkle evenly with remaining 3/4 cup mozzarella cheese.
- Bake, covered, at 350 for 50 minutes to 1 hour. Uncover and bake 5 more minutes.
- Remove from oven; let stand 15 minutes.
- \*1/2 cup freshly shredded Parmesan cheese may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:6.17, Glycemic Load:6.39, Inflammation Score:-3, Nutrition Score:12.925217421159%

## Nutrients (% of daily need)

Calories: 267.27kcal (13.36%), Fat: 8.52g (13.1%), Saturated Fat: 3.85g (24.09%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 17.64g (6.42%), Sugar: 0.87g (0.97%), Cholesterol: 69mg (23%), Sodium: 237.61mg (10.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.81%), Selenium: 46.4µg (66.29%), Vitamin B3: 8.23mg (41.16%), Phosphorus: 329.05mg (32.9%), Vitamin B6: 0.61mg (30.47%), Calcium: 225.62mg (22.56%), Vitamin B2: 0.22mg (12.85%), Vitamin B5: 1.27mg (12.68%), Potassium: 390.38mg (11.15%), Manganese: 0.22mg (11.12%), Zinc: 1.6mg (10.69%), Magnesium: 40.04mg (10.01%), Vitamin B12: 0.37µg (6.23%), Vitamin B1: 0.08mg (5.16%), Copper: 0.1mg (4.98%), Vitamin A: 227.21IU (4.54%), Iron: 0.75mg (4.18%), Folate: 12.92µg (3.23%), Fiber: 0.7g (2.81%), Vitamin E: 0.21mg (1.41%), Vitamin C: 0.9mg (1.09%), Vitamin D: 0.15µg (1.02%)