



Homemade Lasagna

 Popular

READY IN



105 min.

SERVINGS



8

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce tomato sauce canned
- 28 ounce canned tomatoes crushed canned
- 1 pound curd cottage cheese
- 1.5 teaspoons basil dried
- 3 eggs
- 1 tablespoon parsley fresh chopped
- 1 clove garlic crushed
- 0.3 teaspoon ground pepper black

- 0.5 pound ground pork
- 16 ounce lasagna noodles
- 0.5 pound ground beef lean
- 0.5 cup onion minced
- 0.5 teaspoon oregano dried
- 0.8 cup parmesan cheese grated
- 2 teaspoons salt
- 1 pound mozzarella cheese shredded
- 0.1 teaspoon sugar white

Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C). Bring a large pot of lightly salted water to a boil.
- Add noodles and cook for 8 to 10 minutes or until al dente; drain and set aside.
- Place pork and beef in a large, deep skillet. Cook over medium high heat until evenly brown. Stir in tomato sauce, crushed tomatoes, parsley, garlic, oregano, onion, sugar, basil and salt. Simmer over medium-low heat for 30 minutes, stirring occasionally.
- In a large bowl, combine cottage cheese, eggs, Parmesan cheese, parsley, salt and pepper.
- In a 9x13 inch baking dish, place 2 layers of noodles on the bottom of dish; layer 1/2 of the cheese mixture, 1/2 of the mozzarella cheese and 1/2 of the sauce; repeat layers.
- Cover with aluminum foil and bake in preheated oven for 30 to 40 minutes.

Remove foil and bake for another 5 to 10 minutes; let stand for 10 minutes before cutting; serve.

Nutrition Facts



PROTEIN 26.92% FAT 38.39% CARBS 34.69%

Properties

Glycemic Index:46.89, Glycemic Load:20.69, Inflammation Score:-8, Nutrition Score:29.056087162184%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 656.94kcal (32.85%), Fat: 27.98g (43.05%), Saturated Fat: 13.49g (84.32%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 52.42g (19.06%), Sugar: 9.56g (10.62%), Cholesterol: 161.96mg (53.99%), Sodium: 1607.24mg (69.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.14g (88.29%), Selenium: 72.11µg (103.02%), Phosphorus: 639.85mg (63.98%), Calcium: 492.14mg (49.21%), Vitamin B12: 2.64µg (44.06%), Manganese: 0.82mg (41.12%), Zinc: 5.74mg (38.29%), Vitamin B2: 0.58mg (34.33%), Vitamin B6: 0.58mg (29.03%), Vitamin B3: 5.42mg (27.08%), Vitamin B1: 0.4mg (26.6%), Potassium: 849.22mg (24.26%), Copper: 0.46mg (23.14%), Iron: 4.13mg (22.93%), Magnesium: 90.04mg (22.51%), Vitamin A: 1017.14IU (20.34%), Vitamin K: 20.05µg (19.09%), Fiber: 4.46g (17.84%), Vitamin B5: 1.68mg (16.78%), Vitamin C: 12.84mg (15.56%), Vitamin E: 2.21mg (14.76%), Folate: 51.14µg (12.79%), Vitamin D: 0.69µg (4.59%)