



Judy's Lasagna

READY IN



45 min.

SERVINGS



12

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 56 ounce tomatoes crushed canned
- ☐ 1 pound curd cottage cheese
- ☐ 1 tablespoon marjoram dried
- ☐ 2 large eggs
- ☐ 3 tablespoons basil fresh divided thinly sliced
- ☐ 2 garlic cloves minced
- ☐ 2 pounds ground beef
- ☐ 8 lasagna noodles or hot cooked

- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon oregano dried
- ☐ 3 tablespoons oregano fresh divided chopped
- ☐ 1 cup parmesan cheese freshly grated for garnishing
- ☐ 12 servings pepper freshly ground to taste
- ☐ 1 cup red wine
- ☐ 12 servings sea salt to taste
- ☐ 2 cups mozzarella cheese shredded thinly sliced
- ☐ 1 cup whole-milk ricotta cheese
- ☐ 2 onions yellow chopped

Equipment

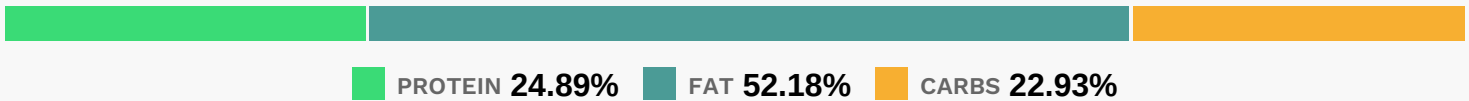
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add onion, and saut about 5 minutes or until soft and translucent.
- ☐ Add beef, and cook, stirring until it crumbles and is no longer pink.
- ☐ Add sea salt and next 3 ingredients. Cook, stirring occasionally, 5 more minutes or until beef is cooked through.
- ☐ Add garlic, and cook 1 more minute.
- ☐ Add balsamic vinegar and wine, and cook about 1 minute or until slightly reduced.
- ☐ Add tomato; reduce heat to low. Cook 15 minutes, stirring occasionally, until sauce thickens. Stir in 1 1/2 tablespoons each fresh basil and oregano.

- ☐ Combine cottage cheese, ricotta, eggs, and remaining fresh herbs in a medium bowl; stir to combine.
- ☐ Spread 2 2/3 cups sauce in bottom of 13- x 9- x 2-inch baking dish.
- ☐ Place half of noodles over sauce, and sprinkle with half of mozzarella. Top with another 2 2/3 cups sauce, noodles, and cottage cheese mixture.
- ☐ Layer remaining mozzarella, 2 2/3 cups sauce, and Parmesan on top. Cover with foil, and bake at 350 for 50 minutes. Uncover and continue to bake 30 more minutes or until cheese browns slightly.
- ☐ Let stand 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:33.46, Glycemic Load:9.74, Inflammation Score:-9, Nutrition Score:23.249565124512%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 526.85kcal (26.34%), Fat: 29.91g (46.02%), Saturated Fat: 12.65g (79.09%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 25.21g (9.17%), Sugar: 8.72g (9.69%), Cholesterol: 123.64mg (41.21%), Sodium: 833.47mg (36.24%), Alcohol: 2.12g (100%), Alcohol %: 0.69% (100%), Protein: 32.11g (64.21%), Selenium: 38.3µg (54.71%), Phosphorus: 427.75mg (42.78%), Vitamin B12: 2.46µg (41.05%), Zinc: 5.25mg (34.99%), Calcium: 346.99mg (34.7%), Vitamin B6: 0.58mg (28.82%), Manganese: 0.57mg (28.43%), Iron: 5.02mg (27.88%), Vitamin

B3: 5.22mg (26.11%), Vitamin B2: 0.43mg (25.4%), Vitamin K: 24.4µg (23.24%), Potassium: 794.94mg (22.71%),
Copper: 0.38mg (19.11%), Vitamin E: 2.86mg (19.06%), Fiber: 4.36g (17.46%), Magnesium: 69.71mg (17.43%), Vitamin
C: 13.9mg (16.85%), Vitamin A: 742.13IU (14.84%), Vitamin B5: 1.28mg (12.77%), Vitamin B1: 0.18mg (11.86%), Folate:
46.49µg (11.62%), Vitamin D: 0.44µg (2.92%)