



Lasagna

 Popular

READY IN



75 min.

SERVINGS



9

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups curd cottage cheese
- ☐ 2 eggs
- ☐ 0.5 pound ground beef
- ☐ 0.5 pound sausage italian crumbled
- ☐ 8 ounces lasagne pasta sheets
- ☐ 1 batch marinara sauce
- ☐ 1 cup parmigiano reggiano grated (parmesan)
- ☐ 3 cups mozzarella cheese shredded

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Brown the meat in a large sauce pan, drain off any excess grease and mix into the marinara sauce.Boil the noodles as directed on the package.
- ☐ Mix the eggs, cottage cheese and parmigiano reggiano in a large bowl.
- ☐ Spread 1/2 cup of the meat sauce over the bottom of a baking dish*.
- ☐ Place a layer of noodles on top.
- ☐ Place 1/2 of the cottage cheese mixture on top.
- ☐ Place 1/3 of the mozzarella on top.
- ☐ Place 1/3 of the meat sauce top.
- ☐ Place a layer of noodles on top.
- ☐ Place the remaining cottage cheese mixture on top.
- ☐ Place 1/3 of the mozzarella on top.
- ☐ Place 1/3 of the meat sauce top.
- ☐ Place a layer of noodles on top.
- ☐ Place the remaining meat sauce top.
- ☐ Place the remaining mozzarella and parmigiano reggiano on top.
- ☐ Bake in a preheated 350F oven until bubbling on the sides and golden brown on top, about 30-45 minutes.

Nutrition Facts



☐ PROTEIN 26.47% ☐ FAT 54.35% ☐ CARBS 19.18%

Properties

Glycemic Index:21.78, Glycemic Load:8.39, Inflammation Score:-4, Nutrition Score:14.89565212312%

Nutrients (% of daily need)

Calories: 463.47kcal (23.17%), Fat: 27.62g (42.49%), Saturated Fat: 12.75g (79.67%), Carbohydrates: 21.93g (7.31%), Net Carbohydrates: 21.12g (7.68%), Sugar: 2.53g (2.81%), Cholesterol: 119mg (39.67%), Sodium: 787.3mg (34.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.26g (60.52%), Selenium: 42.68µg (60.97%), Phosphorus: 431.74mg (43.17%), Calcium: 381.63mg (38.16%), Vitamin B12: 2.06µg (34.27%), Zinc: 3.58mg (23.88%), Vitamin B2: 0.36mg (21.41%), Vitamin B1: 0.21mg (13.98%), Manganese: 0.27mg (13.27%), Vitamin B6: 0.26mg (12.83%), Vitamin B3: 2.44mg (12.2%), Magnesium: 38.73mg (9.68%), Vitamin A: 462.74IU (9.25%), Vitamin B5: 0.9mg (8.97%), Iron: 1.58mg (8.76%), Potassium: 292.64mg (8.36%), Copper: 0.14mg (6.89%), Folate: 22.34µg (5.58%), Fiber: 0.81g (3.23%), Vitamin D: 0.48µg (3.17%), Vitamin E: 0.37mg (2.47%), Vitamin K: 1.56µg (1.48%)