



WHATSheATE

Lasagna Formaggio

READY IN



75 min.

SERVINGS



12

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black mccormick®
- ☐ 2 eggs
- ☐ 1 teaspoon garlic powder mccormick®
- ☐ 1 teaspoon penzey's southwest seasoning italian mccormick® perfect pinch®
- ☐ 9 lasagna noodles uncooked
- ☐ 26 ounce marinara
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 teaspoon parsley flakes mccormick®
- ☐ 30 ounce ricotta cheese

- ☐ 0.5 teaspoon salt
- ☐ 2 cups mozzarella cheese shredded divided
- ☐ 0.5 cup water

Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Mix ricotta cheese, 1 1/2 cups of the mozzarella cheese, eggs, garlic powder, Italian seasoning, parsley, salt and pepper in large bowl until well blended.
- ☐ Pour marinara sauce into medium bowl.
- ☐ Pour water into empty jar; cover and shake well.
- ☐ Add to marinara sauce; mix well.
- ☐ Spread about 1 cup of the sauce on the bottom of 13x9-inch baking dish. Top with 3 of the lasagna noodles.
- ☐ Spread 1/2 of the cheese mixture over noodles. Repeat sauce, noodles and cheese layer once. Top with remaining noodles and sauce, making sure to cover noodles with sauce.
- ☐ Sprinkle with remaining 1/2 cup mozzarella cheese and Parmesan cheese. Cover with foil.
- ☐ Bake 45 minutes.
- ☐ Remove foil.
- ☐ Bake 15 minutes longer or until noodles are tender.
- ☐ Let stand 15 minutes before cutting.
- ☐ Serve with additional marinara sauce, if desired.

Nutrition Facts



 PROTEIN **23.41%**  FAT **46.45%**  CARBS **30.14%**

Properties

Glycemic Index:15.25, Glycemic Load:8.06, Inflammation Score:-6, Nutrition Score:11.229130444319%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 292.63kcal (14.63%), Fat: 15.16g (23.33%), Saturated Fat: 8.97g (56.09%), Carbohydrates: 22.14g (7.38%), Net Carbohydrates: 20.44g (7.43%), Sugar: 3.17g (3.53%), Cholesterol: 79.98mg (26.66%), Sodium: 613.48mg (26.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.2g (34.4%), Selenium: 30.14µg (43.06%), Calcium: 280mg (28%), Phosphorus: 263.45mg (26.34%), Vitamin B2: 0.29mg (16.81%), Vitamin A: 768.39IU (15.37%), Manganese: 0.29mg (14.46%), Zinc: 2mg (13.32%), Vitamin B12: 0.76µg (12.67%), Potassium: 337.7mg (9.65%), Magnesium: 34.33mg (8.58%), Iron: 1.43mg (7.97%), Copper: 0.16mg (7.95%), Vitamin E: 1.14mg (7.61%), Vitamin B6: 0.15mg (7.38%), Fiber: 1.7g (6.8%), Folate: 23.23µg (5.81%), Vitamin B5: 0.58mg (5.81%), Vitamin B3: 1.08mg (5.38%), Vitamin C: 4.32mg (5.23%), Vitamin K: 4.23µg (4.02%), Vitamin B1: 0.05mg (3.56%), Vitamin D: 0.37µg (2.49%)