



## Lazy Lasagna

READY IN



70 min.

SERVINGS



10

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 24 oz knudsen milkfat cottage cheese 2% low fat
- 0.5 cup cholesterol-free egg product
- 2 cups low-moisture part-skim mozzarella cheese shredded divided kraft
- 24 oz classico family favorites pasta sauce traditional
- 2 cups rotini pasta uncooked
- 2 cups boca veggie ground crumbles frozen

## Equipment

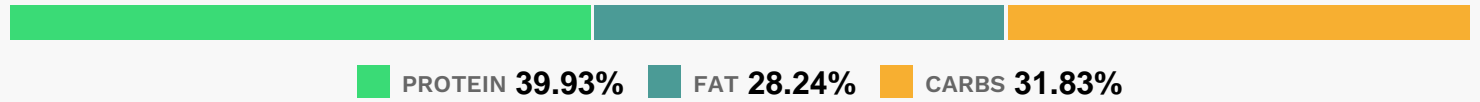
- frying pan

oven

## Directions

- Heat oven to 350F.
- Mix cottage cheese, egg product and 1 cup mozzarella.
- Combine sauce and crumbles; spread half onto bottom of 13x9-inch pan sprayed with cooking spray.
- Cover with layers of pasta and half the cottage cheese mixture; top with remaining sauce and cottage cheese mixture.
- Sprinkle with remaining mozzarella; cover.
- Bake 1 hour or until heated through (160F), uncovering after 30 min.
- Let stand 10 min. before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:8.7, Glycemic Load:4.77, Inflammation Score:-4, Nutrition Score:12.445652122083%

## Nutrients (% of daily need)

Calories: 207.09kcal (10.35%), Fat: 6.51g (10.01%), Saturated Fat: 3.23g (20.17%), Carbohydrates: 16.49g (5.5%), Net Carbohydrates: 14.32g (5.21%), Sugar: 5.07g (5.64%), Cholesterol: 62.26mg (20.75%), Sodium: 825.48mg (35.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.7g (41.4%), Vitamin B12: 2.08µg (34.72%), Selenium: 21.07µg (30.1%), Phosphorus: 292.99mg (29.3%), Calcium: 235.52mg (23.55%), Vitamin B2: 0.32mg (18.72%), Vitamin B1: 0.25mg (16.82%), Vitamin B6: 0.3mg (14.88%), Vitamin B3: 2.9mg (14.51%), Iron: 2.02mg (11.22%), Zinc: 1.53mg (10.22%), Potassium: 353.96mg (10.11%), Vitamin A: 495.86IU (9.92%), Manganese: 0.19mg (9.53%), Fiber: 2.18g (8.7%), Vitamin E: 1.16mg (7.72%), Copper: 0.15mg (7.32%), Magnesium: 26.58mg (6.64%), Vitamin B5: 0.61mg (6.12%), Folate: 24.17µg (6.04%), Vitamin C: 4.76mg (5.77%), Vitamin K: 2.38µg (2.27%), Vitamin D: 0.31µg (2.07%)