



Lazy Lasagna

READY IN



45 min.

SERVINGS



9

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce nonfat cottage cheese fat-free
- ☐ 1 pound ground round
- ☐ 8 ounce lasagne pasta sheets
- ☐ 4 ounces mild cheddar cheese reduced-fat
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 26 ounce pasta sauce low-fat

Equipment

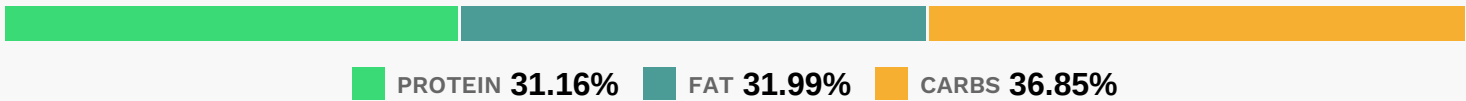
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook meat in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Drain well, and return meat to pan.
- ☐ Add sauce; bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Combine cottage and Parmesan cheeses in a bowl; set aside.
- ☐ Spread 1/2 cup meat mixture in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 noodles over meat mixture; top with half of cottage cheese mixture, 1 cup meat mixture, and 1/3 cup cheddar cheese. Repeat layers, ending with noodles.
- ☐ Spread remaining meat mixture over noodles. Cover and bake at 350 for 30 minutes. Uncover; sprinkle with 1/3 cup cheddar cheese, and bake 5 more minutes or until cheese melts.
- ☐ Let stand 10 minutes before serving.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:9.05, Inflammation Score:-5, Nutrition Score:14.21565208746%

Nutrients (% of daily need)

Calories: 294.22kcal (14.71%), Fat: 10.41g (16.01%), Saturated Fat: 4.83g (30.16%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 24.93g (9.07%), Sugar: 4.56g (5.07%), Cholesterol: 49.85mg (16.62%), Sodium: 712.31mg (30.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.8g (45.61%), Selenium: 33.48µg (47.82%), Phosphorus: 322.98mg (32.3%), Vitamin B12: 1.49µg (24.9%), Zinc: 3.7mg (24.65%), Vitamin B3: 3.88mg (19.38%), Vitamin B2: 0.32mg (18.84%), Manganese: 0.34mg (16.85%), Calcium: 165.05mg (16.51%), Vitamin B6: 0.32mg

(15.98%), Potassium: 542.01mg (15.49%), Iron: 2.34mg (13.02%), Magnesium: 45.06mg (11.26%), Copper: 0.22mg (11.15%), Vitamin A: 494.51IU (9.89%), Vitamin E: 1.47mg (9.82%), Vitamin B5: 0.94mg (9.42%), Fiber: 2.03g (8.14%), Vitamin C: 5.73mg (6.95%), Folate: 22.18µg (5.54%), Vitamin B1: 0.08mg (5.27%), Vitamin K: 3.04µg (2.9%)