

Linda's Lasagna

READY IN



150 min.

SERVINGS



15

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes crushed canned
- ☐ 12 ounces curd cottage cheese
- ☐ 1 eggs
- ☐ 2 teaspoons garlic powder
- ☐ 0.3 teaspoon ground pepper black
- ☐ 9 lasagna noodles
- ☐ 1 pound ground beef lean
- ☐ 1 onion chopped
- ☐ 1 tablespoon oregano dried

- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 teaspoons salt
- ☐ 1 pound mozzarella cheese shredded
- ☐ 12 ounce tomato paste canned
- ☐ 2 cups water
- ☐ 1 tablespoon sugar white

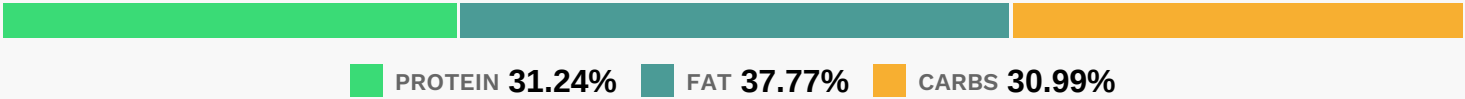
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ In a large skillet over medium heat, cook beef until brown.
- ☐ Drain. In another skillet over medium heat, cook onion until translucent.
- ☐ Combine beef and onion in a large saucepan with tomato paste, crushed tomatoes, water, oregano, garlic powder, salt, pepper and sugar. Cook over medium heat until mixture comes to a boil. Reduce heat to low and simmer 1 hour.
- ☐ While sauce is simmering, blend cottage cheese, Parmesan and egg until smooth. Set aside.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread 1 cup of sauce in the bottom of a 9x13 inch baking dish. Cover sauce with 3 noodles. Cover noodles with one-third of remaining sauce. Top with half the mozzarella.
- ☐ Place another layer of noodles and one of sauce over the mozzarella; top that with the cottage cheese mixture. Top with remaining 3 noodles and remaining sauce.
- ☐ Bake in preheated oven 30 minutes.
- ☐ Sprinkle remaining mozzarella on top and bake 15 minutes more, until golden and bubbly.

Nutrition Facts



Properties

Glycemic Index:20.74, Glycemic Load:7.19, Inflammation Score:-6, Nutrition Score:12.263043553933%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 259.26kcal (12.96%), Fat: 10.88g (16.74%), Saturated Fat: 5.73g (35.83%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 18.28g (6.65%), Sugar: 4.72g (5.24%), Cholesterol: 60.31mg (20.1%), Sodium: 722.89mg (31.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.24g (40.49%), Selenium: 25.74µg (36.77%), Phosphorus: 282.03mg (28.2%), Vitamin B12: 1.54µg (25.59%), Calcium: 234.54mg (23.45%), Zinc: 3.11mg (20.7%), Manganese: 0.3mg (14.85%), Vitamin B2: 0.24mg (13.93%), Vitamin B6: 0.27mg (13.29%), Vitamin B3: 2.65mg (13.23%), Iron: 1.97mg (10.95%), Potassium: 365.79mg (10.45%), Copper: 0.19mg (9.49%), Magnesium: 37.28mg (9.32%), Vitamin A: 394.52IU (7.89%), Fiber: 1.8g (7.2%), Vitamin B5: 0.65mg (6.46%), Vitamin C: 5.16mg (6.26%), Vitamin E: 0.92mg (6.12%), Vitamin B1: 0.09mg (5.87%), Vitamin K: 5.68µg (5.41%), Folate: 19.84µg (4.96%), Vitamin D: 0.25µg (1.66%)