



 **66%**
HEALTH SCORE

Lots O'Meat Lasagna

 Very Healthy

READY IN



135 min.

SERVINGS



4

CALORIES



1771 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ground basil
- 30 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano canned
- 1.5 cups curd cottage cheese
- 2 large eggs lightly beaten
- 2 cloves garlic minced
- 1.5 pounds ground beef
- 1 pound ground sausage italian

- 9 oven-ready lasagna noodles
- 1 onion
- 2 teaspoons ground oregano
- 5 ounce parmigiano-reggiano grated
- 2 tablespoons freshly parsley leaves chopped
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 16 ounce mozzarella cheese shredded
- 6 ounce tomato paste canned

Equipment

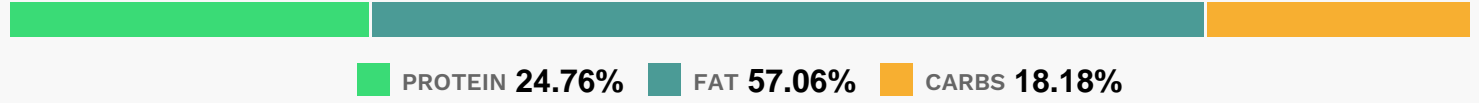
- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F.
- In a large saucepan, combine ground chuck, sausage onion and garlic. Cook over medium heat until meat is browned and crumbled; drain.
- Return meat to pan and add oregano, basil, salt and pepper.
- Add tomatoes, tomato sauce and paste. Bring to a boil, reduce heat and simmer 30 to 45 minutes.
- In a small bowl, combine cottage cheese, Parmesan, parsley, and eggs.
- Spoon 1/4 of sauce into bottom of a 13 by 9 by 2-inch baking pan.
- Place 3 uncooked lasagna noodles on top of sauce. Do not overlap noodles.
- Spread 1/3 of cottage cheese mixture over noodles, top with 1/4 of sauce and 1/3 mozzarella cheese. Repeat layers, ending with sauce, reserving 1/3 of mozzarella cheese.

- Bake 45 minutes. Top with remaining cheese and bake 15 minutes or until hot and bubbly.
- Let rest 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:99.5, Glycemic Load:28.25, Inflammation Score:-10, Nutrition Score:61.947391758794%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 1771.07kcal (88.55%), Fat: 112.17g (172.57%), Saturated Fat: 49.16g (307.24%), Carbohydrates: 80.41g (26.8%), Net Carbohydrates: 71.33g (25.94%), Sugar: 20.69g (22.99%), Cholesterol: 428.04mg (142.68%), Sodium: 3875.75mg (168.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 109.5g (219%), Selenium: 139.16µg (198.8%), Phosphorus: 1498.16mg (149.82%), Vitamin B12: 8.27µg (137.83%), Calcium: 1254.01mg (125.4%), Zinc: 15.97mg (106.45%), Vitamin B2: 1.4mg (82.61%), Vitamin B6: 1.63mg (81.43%), Vitamin B3: 16.27mg (81.37%), Vitamin B1: 1.03mg (68.94%), Manganese: 1.36mg (67.91%), Potassium: 2263.37mg (64.67%), Iron: 11.49mg (63.81%), Vitamin K: 63.71µg (60.67%), Vitamin A: 2718.73IU (54.37%), Copper: 0.98mg (49.24%), Magnesium: 196.01mg (49%), Vitamin E: 6.5mg (43.34%), Vitamin C: 35.71mg (43.28%), Vitamin B5: 4mg (40.04%), Fiber: 9.08g (36.33%), Folate: 114.16µg (28.54%), Vitamin D: 1.39µg (9.24%)