



## Make-Ahead Chili & Cheese Lasagna

READY IN



100 min.

SERVINGS



40

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15.5 oz black beans rinsed canned
- 8 oz four cheese shredded with a touch of philadelphia mexican style kraft
- 1 Tbsp chili powder
- 9 lasagna noodles cooked
- 1.5 cups knudsen milkfat cottage cheese 2% low fat
- 2 cloves garlic minced
- 1 bell pepper green finely chopped
- 2 tsp ground cumin
- 1 lb ground beef lean

- 24 oz classico family favorites pasta sauce traditional
- 0.8 cup taco bellâ® & chunky salsa thick
- 0.3 cup water

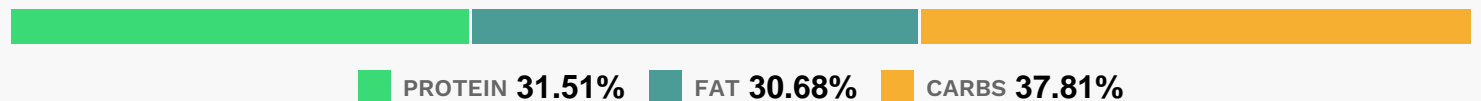
## Equipment

- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Brown meat with garlic in large skillet.
- Add next 7 ingredients; stir. Simmer 5 min., stirring occasionally.
- Spread 2 cups meat sauce onto bottom of 13x9-inch baking dish sprayed with cooking spray; cover with layers of 3 noodles, 1/2 cup each cottage cheese and shredded cheese, and 2 cups of the remaining meat sauce. Repeat layers twice. Top with remaining shredded cheese. Cool. Wrap tightly in foil. Freeze up to 2 months. Refrigerate overnight to thaw.
- Heat oven to 375F. Unwrap lasagna, leaving just top covered with foil.
- Bake 1 hour 10 min. or until heated through, uncovering after 1 hour.
- Let stand 10 min. before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:4.14, Glycemic Load:2.26, Inflammation Score:-3, Nutrition Score:4.589130456033%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 83.35kcal (4.17%), Fat: 2.86g (4.39%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 6.44g (2.34%), Sugar: 1.21g (1.34%), Cholesterol: 13.04mg (4.35%), Sodium: 237.54mg (10.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.2%), Selenium: 8.26µg (11.8%), Phosphorus: 87.55mg (8.75%), Zinc: 1.01mg (6.75%), Vitamin B12: 0.37µg (6.13%), Fiber: 1.48g (5.91%), Calcium: 57.02mg (5.7%), Iron: 0.97mg (5.39%), Manganese: 0.11mg (5.38%), Vitamin B6: 0.11mg (5.26%), Vitamin B2: 0.09mg (5.23%), Vitamin B3: 1.03mg (5.13%), Vitamin C: 4.03mg (4.88%), Potassium: 165.26mg (4.72%), Vitamin A: 229.37IU (4.59%), Copper: 0.08mg (3.79%), Magnesium: 15.02mg (3.76%), Vitamin E: 0.48mg (3.19%), Folate: 12.51µg (3.13%), Vitamin B1: 0.04mg (2.34%), Vitamin B5: 0.22mg (2.18%), Vitamin K: 1.3µg (1.24%)