



## Meat and Mushroom Lasagna

READY IN



140 min.

SERVINGS



8

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon ground basil
- 15 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced with basil, garlic and oregano canned
- 1 cup curd cottage cheese
- 1 large eggs lightly beaten
- 2 cloves garlic minced
- 1.5 pounds ground beef
- 0.3 teaspoon fennel powder
- 1 lemon zest

- 9 oven-ready noodles whole-wheat
- 1 tablespoon olive oil
- 1 onion diced
- 2 teaspoons ground oregano
- 1.3 cups parmigiano-reggiano grated
- 2 tablespoons freshly parsley leaves chopped
- 8 ounce part-skim mozzarella cheese shredded
- 0.3 teaspoon pepper
- 8 ounces portabella mushrooms chopped
- 1 pinch pepper flakes red
- 0.3 teaspoon salt
- 2 tablespoons tomato paste

## Equipment

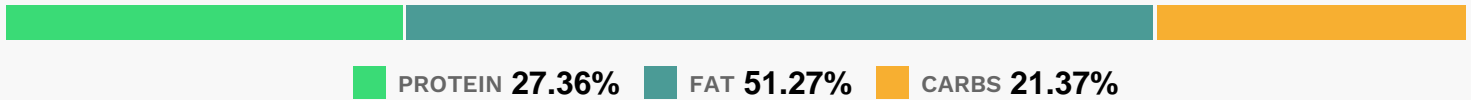
- bowl
- sauce pan
- oven
- baking pan

## Directions

- Watch how to make this recipe.
- Heat the olive oil in a large saucepan and then add the garlic and onions and cook until softened, about 5 minutes. Stir in the tomato paste, oregano, basil and fennel, and then add the mushrooms and red pepper flakes. Stir in the ground beef and cook over medium heat until browned and crumbled.
- Add tomatoes and tomato sauce, bring to a boil, and then reduce the heat and simmer for 40 to 45 minutes.
- Preheat the oven to 350 degrees F.
- Mix together the Parmigiano-Reggiano, cottage cheese, 2/3 cup of mozzarella and the egg in a small bowl. Stir in the parsley and lemon zest.

- Spoon one-quarter of the sauce into the bottom of a 13- by 9- by 2-inch baking pan.
- Place 3 uncooked lasagna noodles on top of the sauce without overlapping.
- Spread half of the cottage cheese mixture over noodles and top with another one-quarter of the sauce. Repeat the layers, ending with sauce, and sprinkle over the remaining mozzarella cheese.
- Bake for 45 minutes.
- Let rest 10 minutes before serving.
- Per Serving: Calories 438; Total Fat 19 grams; Saturated Fat 7.5 grams; Protein 32 grams; Total Carbohydrate 34 grams; Sugar: 6 grams; Fiber 7 grams; Cholesterol 85 milligrams; Sodium 919 milligrams

## Nutrition Facts



### Properties

Glycemic Index:38.5, Glycemic Load:2.98, Inflammation Score:-8, Nutrition Score:23.351739365122%

### Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

### Nutrients (% of daily need)

Calories: 519.81kcal (25.99%), Fat: 29.88g (45.97%), Saturated Fat: 12.93g (80.8%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 24.33g (8.85%), Sugar: 7.54g (8.37%), Cholesterol: 125.91mg (41.97%), Sodium: 1002.76mg (43.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.88g (71.76%), Phosphorus: 500.25mg (50.02%), Calcium: 493.31mg (49.33%), Selenium: 31.15µg (44.49%), Vitamin B12: 2.42µg (40.38%), Zinc: 5.45mg (36.36%), Vitamin B3: 6.32mg (31.61%), Vitamin K: 29.82µg (28.4%), Vitamin B6: 0.55mg (27.33%), Vitamin B2: 0.45mg (26.45%), Manganese: 0.52mg (25.87%), Potassium: 846.31mg (24.18%), Iron: 3.79mg (21.05%), Copper: 0.34mg (17.21%), Vitamin A: 829.05IU (16.58%), Vitamin E: 2.47mg (16.46%), Vitamin C: 12.9mg (15.63%), Fiber: 3.7g (14.78%), Vitamin B5: 1.43mg (14.33%), Magnesium: 55.42mg (13.85%), Folate: 41.41µg (10.35%), Vitamin B1: 0.14mg (9.2%), Vitamin D: 0.48µg (3.23%)