

Miracle Lasagna

READY IN



70 min.

SERVINGS



6

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 26 ounce sauce italian traditional prego®
- 6 lasagne pasta sheets uncooked
- 0.3 cup parmesan cheese grated
- 15 ounce ricotta cheese
- 2 cups mozzarella cheese shredded

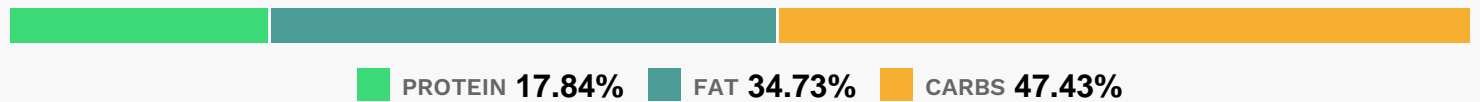
Equipment

- oven
- baking pan

Directions

- Spread about 1 cup pasta sauce in 2-quart shallow baking dish (11x7-inch). Top with 3 uncooked noodles, ricotta cheese, 1 cup mozzarella cheese, Parmesan cheese and 1 cup pasta sauce. Top with remaining 3 uncooked noodles and remaining pasta sauce. Cover.
- Bake at 375 degrees F for 1 hour Uncover and top with remaining mozzarella cheese.
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:9.21, Inflammation Score:-4, Nutrition Score:10.78521727479%

Nutrients (% of daily need)

Calories: 506.62kcal (25.33%), Fat: 19.26g (29.62%), Saturated Fat: 11.51g (71.95%), Carbohydrates: 59.16g (19.72%), Net Carbohydrates: 58.27g (21.19%), Sugar: 29.7g (33%), Cholesterol: 69.26mg (23.09%), Sodium: 1842.39mg (80.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.25g (44.49%), Selenium: 35.78µg (51.11%), Calcium: 377.96mg (37.8%), Phosphorus: 323.48mg (32.35%), Vitamin B12: 1.15µg (19.14%), Zinc: 2.49mg (16.58%), Vitamin B2: 0.28mg (16.18%), Manganese: 0.28mg (13.79%), Vitamin A: 603.8IU (12.08%), Magnesium: 31.56mg (7.89%), Copper: 0.1mg (5.08%), Potassium: 172.9mg (4.94%), Iron: 0.82mg (4.54%), Vitamin B6: 0.09mg (4.37%), Folate: 16.41µg (4.1%), Fiber: 0.9g (3.58%), Vitamin B5: 0.34mg (3.38%), Vitamin B1: 0.05mg (3.12%), Vitamin B3: 0.59mg (2.96%), Vitamin D: 0.31µg (2.08%), Vitamin K: 1.74µg (1.65%), Vitamin E: 0.2mg (1.34%)