

Missy's Lasagna

READY IN



75 min.

SERVINGS



6

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs dried
- ☐ 4.5 ounce mushrooms drained canned
- ☐ 15 ounce tomato sauce canned
- ☐ 4 ounces curd cottage cheese
- ☐ 2 eggs
- ☐ 1 bell pepper green chopped
- ☐ 16 ounce lasagna noodles instant
- ☐ 1 pound ground beef lean
- ☐ 0.3 cup milk

- ☐ 1 onion chopped
- ☐ 1 cup part-skim ricotta cheese
- ☐ 8 ounces mozzarella cheese shredded

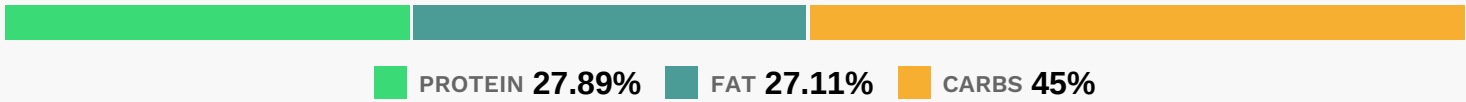
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ In a medium size skillet cook ground beef. After beef is brown, add chopped onion and green pepper, mushrooms, and stir until vegetables are tender. Stir in the can of tomato sauce.
- ☐ In a large bowl mix the eggs, half of the shredded mozzarella cheese, cottage cheese, ricotta cheese, milk, and bread crumbs.
- ☐ To assemble, coat bottom of 9x13 inch casserole dish with a third of the sauce mixture.
- ☐ Layer uncooked noodles on top.
- ☐ Add another third of the sauce, and then half of the cheese mixture. Repeat layering with noodles, cheese, and sauce.
- ☐ Sprinkle remaining shredded mozzarella cheese on top.
- ☐ Bake in a preheated 350 degrees F (175 degrees C) oven for 45 minutes.
- ☐ Let stand 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:24.92, Inflammation Score:-8, Nutrition Score:29.907391299372%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 669.25kcal (33.46%), Fat: 19.98g (30.73%), Saturated Fat: 10.06g (62.85%), Carbohydrates: 74.58g (24.86%), Net Carbohydrates: 69.53g (25.28%), Sugar: 8.42g (9.35%), Cholesterol: 148.54mg (49.51%), Sodium: 920.84mg (40.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.23g (92.47%), Selenium: 84.45µg (120.64%), Phosphorus: 628.68mg (62.87%), Vitamin B12: 2.97µg (49.56%), Zinc: 7.37mg (49.16%), Manganese: 0.95mg (47.29%), Calcium: 397.33mg (39.73%), Vitamin B3: 7.31mg (36.53%), Vitamin B2: 0.56mg (32.92%), Vitamin B6: 0.63mg (31.28%), Vitamin C: 22.26mg (26.99%), Iron: 4.79mg (26.61%), Potassium: 882.73mg (25.22%), Copper: 0.49mg (24.29%), Magnesium: 96.46mg (24.11%), Fiber: 5.05g (20.19%), Vitamin B1: 0.28mg (18.5%), Vitamin A: 917.01IU (18.34%), Vitamin B5: 1.82mg (18.16%), Folate: 58.6µg (14.65%), Vitamin E: 1.68mg (11.18%), Vitamin K: 5.66µg (5.39%), Vitamin D: 0.73µg (4.9%)