



## No-Noodle Lasagna

READY IN



45 min.

SERVINGS



6

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounces curd cottage cheese 4%
- 0.5 teaspoon basil dried
- 1 tablespoon parsley dried
- 1 eggs
- 1 Dash garlic salt
- 1.5 pounds ground beef
- 1 tablespoon milk
- 0.5 cup onion chopped
- 0.5 teaspoon oregano dried

- 0.3 cup parmesan cheese grated
- 8 slices part-skim mozzarella cheese
- 0.5 teaspoon pepper
- 16 ounces regular crescent rolls refrigerated
- 0.5 teaspoon salt
- 1 tablespoon sesame seed
- 6 ounces canned tomatoes canned

## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in tomato paste and seasonings. In a small bowl, combine the egg, cottage cheese and Parmesan cheese.
- Roll out each tube of crescent dough between waxed paper into a 15-in. x 10-in. rectangle.
- Transfer one rectangle to a greased 15-in. x 10-in. x 1-in. baking pan.
- Spread with half of the meat mixture to within 1 in. of edges; top with half of the cheese mixture. Repeat meat and cheese layers.
- Top with mozzarella. Carefully place second dough rectangle on top; press edges to seal.
- Brush with milk; sprinkle with sesame seeds.
- Bake, uncovered, at 350 for 25–30 minutes or until golden brown.

## Nutrition Facts

 PROTEIN 20.57%  FAT 58.96%  CARBS 20.47%

## Properties

Glycemic Index:33.67, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:18.541304360265%

## Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

## Nutrients (% of daily need)

Calories: 726.14kcal (36.31%), Fat: 48.14g (74.06%), Saturated Fat: 20.09g (125.53%), Carbohydrates: 37.6g (12.53%), Net Carbohydrates: 36.44g (13.25%), Sugar: 11.36g (12.62%), Cholesterol: 137.57mg (45.86%), Sodium: 1329.12mg (57.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.78g (75.57%), Vitamin B12: 3.01µg (50.22%), Phosphorus: 453.59mg (45.36%), Selenium: 30.68µg (43.82%), Zinc: 6.18mg (41.23%), Calcium: 344.49mg (34.45%), Vitamin B3: 5.36mg (26.78%), Vitamin B6: 0.5mg (25.14%), Vitamin B2: 0.42mg (24.71%), Iron: 4.21mg (23.41%), Potassium: 532.22mg (15.21%), Magnesium: 46.63mg (11.66%), Vitamin B5: 1.14mg (11.44%), Copper: 0.22mg (10.91%), Vitamin K: 11.37µg (10.83%), Manganese: 0.19mg (9.68%), Vitamin B1: 0.11mg (7.55%), Folate: 29.51µg (7.38%), Vitamin E: 1.08mg (7.18%), Vitamin A: 353.09IU (7.06%), Vitamin C: 4.02mg (4.87%), Fiber: 1.16g (4.62%), Vitamin D: 0.44µg (2.94%)