



Polish Style Lasagna

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



525 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 8 ounce cream cheese
- ☐ 9 lasagna noodles uncooked
- ☐ 1 onion sliced
- ☐ 2.7 cups potato flakes dry

Equipment

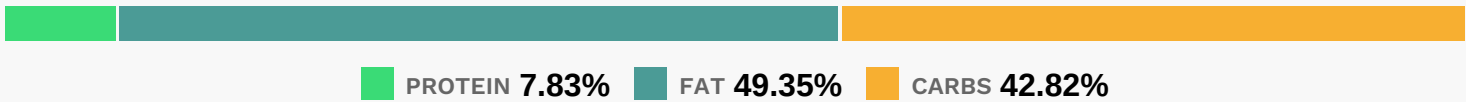
- ☐ frying pan
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cook lasagna noodles according to package directions.
- ☐ Drain, pat dry and interleave in a damp towel to keep moist OR spray each noodle with cooking spray OR lightly apply some oil.
- ☐ In a separate large skillet over medium heat, combine the onions with the butter and saute for 5 minutes.
- ☐ Prepare the instant mashed potatoes according to package directions, but omit the milk. Stir in the cream cheese until well blended.
- ☐ Place 3 noodles in the bottom of a lightly greased 9x13-inch baking dish.
- ☐ Spread 1/2 the potato mixture over the noodles in the dish. Top this with 3 more noodles, followed by the other 1/2 of the potato mixture. Finish by topping with the remaining 3 noodles, then top those with sauteed onions.
- ☐ Bake at 350 degrees F (175 degrees C) for 20 minutes, or until bubbly. Allow to cool for 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:13.55, Inflammation Score:-7, Nutrition Score:12.484782586927%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 525.48kcal (26.27%), Fat: 29.11g (44.78%), Saturated Fat: 17.53g (109.55%), Carbohydrates: 56.82g (18.94%), Net Carbohydrates: 53.4g (19.42%), Sugar: 4.23g (4.7%), Cholesterol: 78.85mg (26.28%), Sodium: 271.31mg (11.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.39g (20.78%), Selenium: 33.65µg (48.07%), Vitamin C: 22.96mg (27.83%), Manganese: 0.46mg (22.79%), Vitamin B1: 0.32mg (21.29%), Vitamin A: 983.67IU

(19.67%), Phosphorus: 171.28mg (17.13%), Vitamin B6: 0.3mg (15.14%), Fiber: 3.42g (13.66%), Potassium: 467.66mg (13.36%), Vitamin B3: 2.45mg (12.24%), Magnesium: 45.47mg (11.37%), Vitamin B5: 0.99mg (9.94%), Vitamin B2: 0.15mg (8.99%), Copper: 0.18mg (8.91%), Folate: 27.28µg (6.82%), Zinc: 1.02mg (6.77%), Calcium: 61.44mg (6.14%), Vitamin E: 0.82mg (5.48%), Iron: 0.95mg (5.29%), Vitamin K: 4.55µg (4.34%), Vitamin B12: 0.12µg (1.92%)