



Rachel's Special Occasion Lasagna

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 1 large eggs lightly beaten
- ☐ 2 large egg whites lightly beaten
- ☐ 6 ounces nonfat cottage cheese fat-free
- ☐ 2 tablespoons chives fresh minced
- ☐ 4 garlic clove minced
- ☐ 8 ounce lasagne pasta sheets uncooked (9 noodles)

- ☐ 1 ounce parmesan fresh grated
- ☐ 1 ounce part-skim mozzarella cheese shredded
- ☐ 6 ounces part-skim ricotta
- ☐ 26 ounce pasta sauce fat-free divided
- ☐ 0.5 teaspoon salt

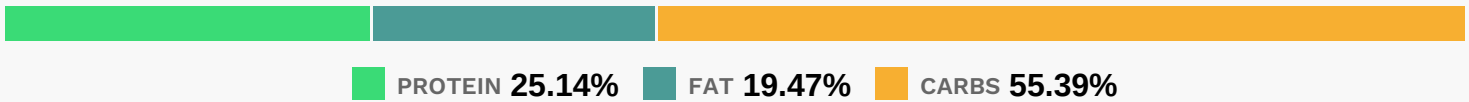
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Combine the cottage cheese, cream cheese, and ricotta cheese in a large bowl; stir to blend well. Stir in Parmesan and next 8 ingredients (through egg).
- ☐ Spread 1/2 cup pasta sauce in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 3 noodles over pasta sauce; top with half of cheese mixture and one third of remaining pasta sauce. Repeat layers once, ending with noodles.
- ☐ Spread remaining pasta sauce over noodles.
- ☐ Bake at 350 for 20 minutes.
- ☐ Sprinkle with mozzarella; bake an additional 20 minutes or until cheese is melted.
- ☐ Remove from oven; let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:31.63, Glycemic Load:10.28, Inflammation Score:-5, Nutrition Score:10.979130522065%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 211.85kcal (10.59%), Fat: 4.62g (7.11%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 27.15g (9.87%), Sugar: 4.69g (5.21%), Cholesterol: 36.01mg (12%), Sodium: 797.91mg (34.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.42g (26.84%), Selenium: 29.59µg (42.28%), Phosphorus: 217.02mg (21.7%), Manganese: 0.42mg (20.95%), Calcium: 173.49mg (17.35%), Vitamin B2: 0.25mg (15%), Potassium: 432.67mg (12.36%), Vitamin A: 594.72IU (11.89%), Copper: 0.22mg (10.93%), Magnesium: 40.08mg (10.02%), Vitamin E: 1.47mg (9.77%), Fiber: 2.41g (9.65%), Vitamin C: 7.36mg (8.93%), Iron: 1.6mg (8.91%), Vitamin B6: 0.18mg (8.79%), Zinc: 1.3mg (8.67%), Vitamin B3: 1.5mg (7.48%), Vitamin B5: 0.7mg (7%), Folate: 23.01µg (5.75%), Vitamin B12: 0.29µg (4.9%), Vitamin B1: 0.07mg (4.52%), Vitamin K: 4.74µg (4.51%), Vitamin D: 0.17µg (1.16%)