

Simple Lasagna

READY IN



85 min.

SERVINGS



12

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 ounces curd cottage cheese
- 2 teaspoons parsley dried
- 2 eggs
- 12 servings pepper black to taste
- 1 pound ground beef lean
- 9 no boil lasagna noodles
- 0.5 cup parmesan cheese grated
- 12 servings salt to taste
- 3 cups mozzarella cheese shredded

- 32 ounce tomato basil sauce classico®
- 0.5 cup water

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

Directions

- In a large skillet over medium heat brown the ground beef.
- Drain the grease.
- Add pasta sauce and simmer for 5 minutes.
- In a large bowl, mix together the cottage cheese, 2 cups of the mozzarella cheese, eggs, half of the grated Parmesan cheese, dried parsley, salt and ground black pepper.
- To assemble, in the bottom of a 9x13 inch baking dish evenly spread 3/4 cup of the sauce mixture. Cover with 3 lasagna noodles, 1 3/4 cup of the cheese mixture, and 1/4 cup sauce. Repeat layers twice. Top with 3 noodles, remaining sauce, remaining mozzarella and Parmesan cheese.
- Add 1/2 cup water to the edges of the pan. Cover with aluminum foil.
- Bake in a preheated 350 degree F(175 degrees C) oven for 45 minutes. Uncover and bake an additional 10 minutes.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:12.007391219554%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg

Nutrients (% of daily need)

Calories: 340.84kcal (17.04%), Fat: 15.32g (23.57%), Saturated Fat: 7g (43.76%), Carbohydrates: 21.8g (7.27%), Net Carbohydrates: 18.87g (6.86%), Sugar: 8.02g (8.92%), Cholesterol: 95.34mg (31.78%), Sodium: 1000.6mg (43.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.76g (55.52%), Phosphorus: 335.33mg (33.53%), Vitamin B12: 1.93µg (32.19%), Selenium: 22.39µg (31.98%), Calcium: 273.73mg (27.37%), Zinc: 3.32mg (22.15%), Vitamin B2: 0.31mg (18.34%), Vitamin A: 825.22IU (16.5%), Potassium: 524.75mg (14.99%), Fiber: 2.93g (11.72%), Vitamin B3: 2.19mg (10.96%), Vitamin B6: 0.21mg (10.48%), Iron: 1.68mg (9.31%), Vitamin B5: 0.83mg (8.31%), Magnesium: 22.64mg (5.66%), Vitamin C: 3.65mg (4.42%), Folate: 16.67µg (4.17%), Vitamin B1: 0.05mg (3.23%), Copper: 0.06mg (3.21%), Vitamin D: 0.39µg (2.62%), Vitamin E: 0.32mg (2.14%), Manganese: 0.03mg (1.71%), Vitamin K: 1.24µg (1.18%)