



Simply Lasagna

READY IN



95 min.

SERVINGS



12

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs beaten
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 pound ground beef
- ☐ 12 lasagna noodles uncooked
- ☐ 2.5 cups low-moisture part-skim mozzarella cheese shredded divided kraft
- ☐ 0.5 cup parmesan cheese divided grated kraft
- ☐ 15 ounce polly-o natural part skim ricotta cheese
- ☐ 24 ounce spaghetti sauce
- ☐ 1 cup water

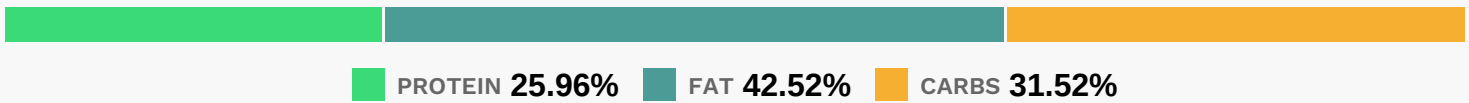
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ Brown meat in large skillet on medium-high heat. Meanwhile, mix 1 1/4 cups mozzarella, ricotta cheese, 1/4 cup Parmesan, parsley and egg until well blended; set aside.
- ☐ Drain meat; return to skillet. Stir in spaghetti sauce.
- ☐ Add 1 cup water to empty sauce jar; cover with lid and shake well.
- ☐ Add to meat mixture; stir until well blended.
- ☐ Spread 1 cup meat sauce onto bottom of 13x9-inch baking dish; top with layers of 3 lasagna noodles, 1/3 of the ricotta cheese mixture and 1 cup meat sauce. Repeat layers twice. Top with remaining noodles, meat sauce and cheeses. Cover with greased foil.
- ☐ Bake 1 hour or until heated through, removing foil after 45 min.
- ☐ Let stand 15 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:9.92, Glycemic Load:9.39, Inflammation Score:-6, Nutrition Score:14.780000111331%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

Nutrients (% of daily need)

Calories: 344.9kcal (17.25%), Fat: 16.2g (24.92%), Saturated Fat: 7.87g (49.18%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 25.22g (9.17%), Sugar: 3.17g (3.52%), Cholesterol: 70.02mg (23.34%), Sodium: 564.3mg (24.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.25g (44.5%), Selenium: 35.57µg (50.81%), Calcium: 340.68mg (34.07%), Phosphorus: 335.24mg (33.52%), Zinc: 3.46mg (23.08%), Vitamin K: 23.5µg (22.38%), Vitamin B12: 1.19µg (19.86%), Manganese: 0.33mg (16.68%), Vitamin B2: 0.28mg (16.37%), Vitamin B3: 2.71mg (13.55%), Vitamin A: 654.96IU (13.1%), Vitamin B6: 0.25mg (12.58%), Potassium: 416.44mg (11.9%), Iron: 2.01mg (11.16%), Magnesium: 43.17mg (10.79%), Copper: 0.2mg (9.82%), Vitamin E: 1.13mg (7.53%), Fiber: 1.79g (7.15%), Vitamin C: 5.63mg (6.83%), Vitamin B5: 0.66mg (6.65%), Folate: 23.37µg (5.84%), Vitamin B1: 0.07mg (4.69%), Vitamin D: 0.24µg (1.58%)