



## Simply Lasagna

READY IN



95 min.

SERVINGS



12

CALORIES



346 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 100% divided grated kraft
- ☐ 15 ounce polly-o natural part skim ricotta cheese
- ☐ 26 ounce spaghetti sauce
- ☐ 1 cup water

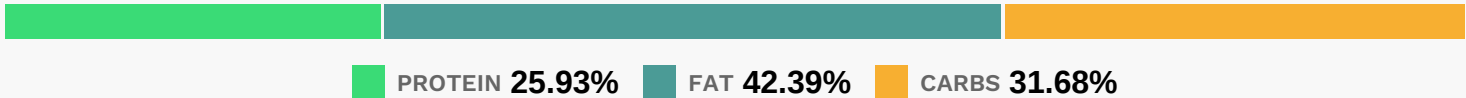
## Equipment

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

## Directions

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

## Nutrition Facts



## Properties

Glycemic Index:9.92, Glycemic Load:9.47, Inflammation Score:-6, Nutrition Score:14.967391392459%

## 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: 346.04kcal (17.3%), Fat: 16.21g (24.94%), Saturated Fat: 7.87g (49.2%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 25.4g (9.24%), Sugar: 3.33g (3.71%), Cholesterol: 70.02mg (23.34%), Sodium: 586.69mg (25.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.31g (44.62%), Selenium: 35.6µg (50.85%), Calcium: 341.34mg (34.13%), Phosphorus: 336.51mg (33.65%), Zinc: 3.47mg (23.15%), Vitamin K: 23.63µg (22.51%), Vitamin B12: 1.19µg (19.86%), Manganese: 0.34mg (16.94%), Vitamin B2: 0.28mg (16.55%), Vitamin B3: 2.76mg (13.79%), Vitamin A: 675.42IU (13.51%), Vitamin B6: 0.26mg (12.81%), Potassium: 430.48mg (12.3%), Iron: 2.05mg (11.41%), Magnesium: 43.88mg (10.97%), Copper: 0.2mg (10.09%), Vitamin E: 1.2mg (7.98%), Fiber: 1.86g (7.43%), Vitamin C: 5.96mg (7.23%), Vitamin B5: 0.68mg (6.79%), Folate: 23.79µg (5.95%), Vitamin B1: 0.07mg (4.77%), Vitamin D: 0.24µg (1.58%)