



Slow-Cooker Lasagna

READY IN



45 min.

SERVINGS



6

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 29 oz tomato sauce canned
- ☐ 16 oz curd cottage cheese
- ☐ 2 cloves garlic minced
- ☐ 1 pound ground beef
- ☐ 10 lasagna noodles uncooked
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 teaspoon salt

- ☐ 16 oz mozzarella cheese shredded
- ☐ 6 oz tomato paste canned
- ☐ 1 cup water

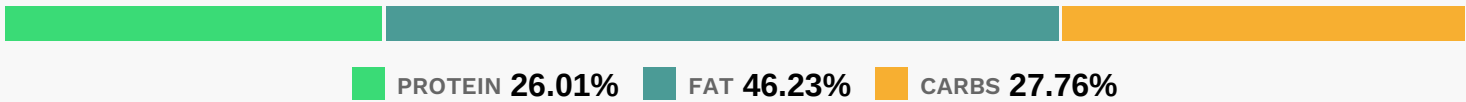
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Brown beef, onion and garlic in a large skillet; drain.
- ☐ Add tomato sauce, tomato paste, water, salt and oregano; set aside. In a medium bowl, stir together cheeses.
- ☐ Layer 1/3 meat sauce, 1/2 uncooked lasagna noodles (broken to fit slow cooker) and 1/2 cheese mixture in a slow cooker. Repeat layers, finishing with meat sauce. Cover and cook on low setting for 4 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:18.72, Inflammation Score:-9, Nutrition Score:30.552174060241%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Nutrients (% of daily need)

Calories: 756.12kcal (37.81%), Fat: 38.84g (59.76%), Saturated Fat: 18.55g (115.93%), Carbohydrates: 52.48g (17.49%), Net Carbohydrates: 47.78g (17.37%), Sugar: 11.33g (12.59%), Cholesterol: 133.5mg (44.5%), Sodium: 1989.2mg (86.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.18g (98.36%), Selenium: 65.22µg (93.17%), Phosphorus: 704.13mg (70.41%), Vitamin B12: 3.78µg (62.98%), Calcium: 585.11mg (58.51%), Zinc: 7.14mg

(47.58%), Manganese: 0.73mg (36.7%), Vitamin B2: 0.62mg (36.45%), Vitamin B6: 0.6mg (30.23%), Vitamin B3: 5.91mg (29.53%), Potassium: 996.84mg (28.48%), Vitamin A: 1349.52IU (26.99%), Iron: 4.38mg (24.33%), Magnesium: 92.11mg (23.03%), Copper: 0.45mg (22.31%), Vitamin E: 3mg (20.02%), Fiber: 4.7g (18.81%), Vitamin C: 14.49mg (17.57%), Vitamin B5: 1.68mg (16.79%), Folate: 50.46µg (12.61%), Vitamin B1: 0.19mg (12.59%), Vitamin K: 10.82µg (10.31%), Vitamin D: 0.5µg (3.3%)