



Speedy Lasagna Supper

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb ground beef 80% lean (at least)
- ☐ 1 cup curd cottage cheese
- ☐ 0.5 cup parmesan cheese grated
- ☐ 12 oz mozzarella cheese shredded
- ☐ 1 tablespoon seasoning italian
- ☐ 12 oz canned tomatoes canned
- ☐ 2 cups milk
- ☐ 1 teaspoon salt

- ☐ 0.5 teaspoon pepper
- ☐ 4 eggs
- ☐ 1.3 cups frangelico

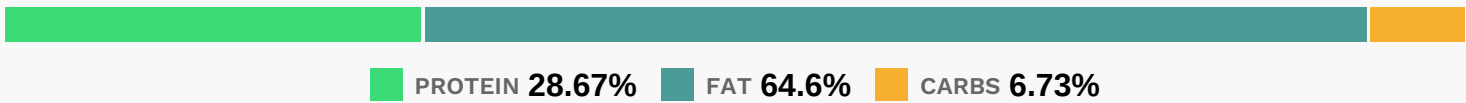
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until brown; drain.
- ☐ Layer cottage cheese and Parmesan cheese in baking dish. Stir 2 cups of the mozzarella cheese, the Italian seasoning and tomato paste into beef; spoon beef mixture evenly over cheeses in baking dish. In medium bowl, stir remaining ingredients until blended.
- ☐ Pour over beef mixture.
- ☐ Bake 40 to 45 minutes or until knife inserted in center comes out clean.
- ☐ Sprinkle with remaining 1 cup mozzarella cheese.
- ☐ Bake 1 to 2 minutes longer or until cheese is melted.
- ☐ Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:1.65, Inflammation Score:-4, Nutrition Score:14.649130334025%

Nutrients (% of daily need)

Calories: 367.52kcal (18.38%), Fat: 26.17g (40.26%), Saturated Fat: 11.71g (73.19%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 5.4g (1.97%), Sugar: 4.04g (4.49%), Cholesterol: 142.11mg (47.37%), Sodium: 624.06mg (27.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.13g (52.27%), Vitamin B12: 2.75µg (45.76%), Selenium: 24.78µg (35.41%), Phosphorus: 353.98mg (35.4%), Zinc: 4.68mg (31.22%), Calcium: 283.15mg (28.31%), Vitamin B2: 0.38mg (22.07%), Vitamin B3: 3.67mg (18.33%), Vitamin B6: 0.36mg (18.15%), Iron: 2.41mg (13.39%), Potassium: 422.23mg (12.06%), Vitamin B5: 0.99mg (9.91%), Vitamin A: 465.76IU (9.32%), Magnesium: 34.96mg (8.74%), Vitamin E: 1mg (6.7%), Vitamin B1: 0.1mg (6.51%), Vitamin D: 0.97µg (6.45%), Vitamin K: 6.48µg (6.17%), Copper: 0.12mg (6.14%), Manganese: 0.11mg (5.47%), Folate: 21.21µg (5.3%), Vitamin C: 2.62mg (3.17%), Fiber: 0.74g (2.95%)