



Table-for-Two Lasagna

READY IN



55 min.

SERVINGS



55

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 lasagna noodles cooked
- 1 eggs beaten
- 2 Tbsp parsley fresh chopped
- 1 cup polly-o mozzarella cheese shredded
- 0.3 cup parmesan cheese grated kraft
- 1 cups classico family favorites pasta sauce traditional
- 1 cup polly-o original ricotta cheese

Equipment

- oven
- loaf pan

Directions

- Heat oven to 350F.
- Mix ricotta, egg, Parmesan and parsley.
- Place 2 noodles in bottom of 9x5-inch loaf pan sprayed with cooking spray, trimming noodles as necessary to fit; reserve trimmings. Cover noodles with layers of 1/4 each of the pasta sauce, ricotta mixture and mozzarella. Repeat all layers twice. Top with layers of the reserved noodle trimmings, remaining sauce, ricotta mixture and mozzarella.
- Bake 30 min. or until heated through.
- Let stand 5 min. before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:3.26, Glycemic Load:1.05, Inflammation Score:-1, Nutrition Score:1.1404348022264%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 28.47kcal (1.42%), Fat: 1.32g (2.03%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 2.32g (0.84%), Sugar: 0.23g (0.26%), Cholesterol: 7.28mg (2.43%), Sodium: 46.9mg (2.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Selenium: 3.16µg (4.51%), Calcium: 25.36mg (2.54%), Phosphorus: 23.88mg (2.39%), Vitamin K: 2.5µg (2.38%), Vitamin A: 73.0IU (1.46%), Vitamin B2: 0.02mg (1.42%), Manganese: 0.03mg (1.38%), Vitamin B12: 0.08µg (1.25%), Zinc: 0.19mg (1.24%)