



The Lady and Sons Lasagna

READY IN



75 min.

SERVINGS



8

CALORIES



754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 cups tomatoes diced canned
- 2 cups cheddar grated
- 12 ounces curd cottage cheese mixed with 1 beaten egg and 1/2 cup parmesan
- 8 ounce cream cheese
- 0.3 cup parsley leaves fresh chopped
- 2 cloves garlic diced
- 0.5 cup bell peppers diced green
- 1.5 pounds ground beef

- 1 cup gruyère cheese grated
- 8 servings sauce
- 5.5 teaspoons penzey's southwest seasoning italian
- 6 to 9 long strips lasagna noodles
- 1 cup mozzarella cheese grated
- 0.5 cup onions diced
- 1.5 teaspoons seasoning salt
- 1.5 teaspoons sugar
- 1 cup swiss cheese grated
- 2 cups tomato sauce
- 1 cup water

Equipment

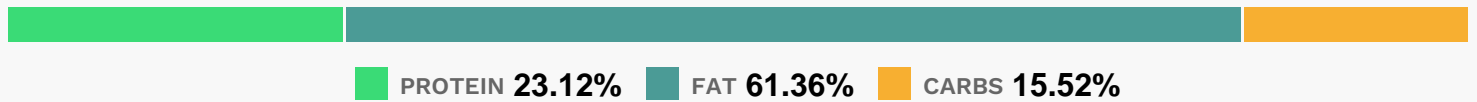
- frying pan
- sauce pan
- oven
- pot

Directions

- To make the sauce, in a stockpot, combine the tomatoes, tomato sauce, water, onions, peppers, garlic, parsley, seasoning mixtures, sugar and bay leaves. Bring to a boil, then reduce the heat and simmer, covered, for 1 hour. Crumble the ground beef in a saucepan. Cook until no pink remains, then drain off the fat.
- Add the ground beef to the stockpot. Simmer for another 20 minutes. While the sauce simmers, cook the pasta according to the package directions (if sauce is too thin, for your taste, you can thicken it up at this time by mixing 1 tablespoon of cornstarch and a 1/4 of a cup of cold water. Bring sauce back to a boil. Stir in cornstarch mixture, stirring constantly).
- Remove bay leaves.
- Preheat oven to 350 degrees F.
- To assemble lasagna, place a thin layer of sauce in the bottom of a 9 by 13 by 2-inch pan.

- Layer 1/3 of each, noodles, cottage cheese mixture, Gruyere, Swiss and cheddar cheeses. Pinch off small pieces of cream cheese and dot over other cheeses.
- Add another layer of sauce. Repeat layering 2 to 3 times ending with sauce. This may be covered and refrigerated at this point.
- Bake for 20 minutes.
- Remove from oven and top with mozzarella and continue to bake for another 10 to 15 minutes. Note: If lasagna has been refrigerated, bake for 40 minutes total.
- cup salt
- /4 cup black pepper
- /4 cup garlic powder
- Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:49.51, Glycemic Load:9.35, Inflammation Score:-8, Nutrition Score:29.364347779233%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 753.67kcal (37.68%), Fat: 51.53g (79.27%), Saturated Fat: 25.95g (162.21%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 26.13g (9.5%), Sugar: 8.37g (9.3%), Cholesterol: 166.26mg (55.42%), Sodium: 1524.38mg (66.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.68g (87.37%), Selenium: 50.08µg (71.54%), Calcium: 697.42mg (69.74%), Phosphorus: 665.27mg (66.53%), Vitamin B12: 3.36µg (55.93%), Zinc: 7.16mg (47.74%), Vitamin K: 47.28µg (45.03%), Vitamin B2: 0.61mg (36.02%), Vitamin A: 1639.46IU (32.79%), Vitamin B6: 0.57mg (28.64%), Vitamin B3: 5.26mg (26.3%), Vitamin C: 20.87mg (25.29%), Iron: 4.01mg (22.27%), Potassium: 770.02mg (22%), Manganese: 0.44mg (21.94%), Magnesium: 75.26mg (18.81%), Vitamin E: 2.61mg (17.38%), Vitamin B5: 1.51mg (15.09%), Copper: 0.29mg (14.67%), Fiber: 3.19g (12.75%), Folate: 46.49µg (11.62%), Vitamin B1: 0.15mg (10.29%), Vitamin D: 0.45µg (3.01%)