

 food  
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## The Lady and Sons Lasagna

READY IN



165 min.

SERVINGS



10

CALORIES



600 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
- 1.5 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

- Combine the tomatoes, tomato sauce, water, onions, peppers, garlic, parsley, seasoning mixtures, sugar and bay leaves in a stockpot. Bring to a boil, then reduce the heat and simmer, covered, for 1 hour. See Cook's Note\*
- 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.
- Remove bay leaves. Cook the pasta according to the package directions.
- Drain and set aside.
- \*Cook's Note: 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.
- Preheat oven to 350 degrees F.
- Place a thin layer of sauce in the bottom of a 9 by 13 by 2-inch pan.

- Layer 1/3 of each; noodle; cottage cheese mixture, Gruyere, Swiss and Cheddar cheese. Pinch off small pieces of cream cheese and dot over the other cheeses.
- Add another layer of sauce. Repeat layering 2 to 3 times ending with sauce.
- This may be covered and refrigerated.
- 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

**PROTEIN 23.21%** **FAT 61.69%** **CARBS 15.1%**

### Properties

Glycemic Index:39.61, Glycemic Load:7.47, Inflammation Score:-8, Nutrition Score:22.831739104312%

### Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

### Nutrients (% of daily need)

Calories: 599.84kcal (29.99%), Fat: 41.19g (63.36%), Saturated Fat: 20.75g (129.69%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 20.46g (7.44%), Sugar: 6.48g (7.2%), Cholesterol: 133.01mg (44.34%), Sodium: 1209.7mg (52.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.87g (69.74%), Selenium: 40.03µg (57.18%), Calcium: 545.16mg (54.52%), Phosphorus: 531.03mg (53.1%), Vitamin B12: 2.68µg (44.74%), Zinc: 5.71mg (38.05%), Vitamin K: 32.85µg (31.28%), Vitamin B2: 0.49mg (28.57%), Vitamin A: 1297.96IU (25.96%), Vitamin B6: 0.45mg (22.49%), Vitamin B3: 4.17mg (20.85%), Vitamin C: 16.67mg (20.21%), Potassium: 605.93mg (17.31%), Iron: 2.91mg (16.18%), Manganese: 0.31mg (15.56%), Magnesium: 58.05mg (14.51%), Vitamin E: 1.94mg (12.93%), Vitamin B5: 1.2mg (12%), Copper: 0.23mg (11.48%), Fiber: 2.21g (8.84%), Folate: 35.29µg (8.82%), Vitamin B1: 0.12mg (8.14%), Vitamin D: 0.36µg (2.41%)