

 **24%**  
HEALTH SCORE

## The Lady and Sons Lasagna ( Paula Deen )

READY IN



75 min.

SERVINGS



8

CALORIES



826 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 2 cups tomatoes diced canned
- 2 cups cheddar cheese grated
- 12 ounces curd cottage cheese
- 8 ounces cream cheese
- 1 large eggs beaten
- 0.3 cup parsley fresh chopped
- 2 garlic clove diced
- 0.5 cup bell pepper diced green

- 1.5 lbs ground beef
- 1 cup gruyere cheese grated
- 1.5 teaspoons seasoning italian
- 9 lasagne pasta sheets
- 1 cup mozzarella cheese grated
- 0.5 cup onion diced
- 0.5 cup parmesan cheese grated
- 1.5 teaspoons penzey's southwest seasoning mixed black (full recipe is 1 cup salt,)
- 1.5 teaspoons lawry's seasoned salt
- 1.5 teaspoons sugar
- 1 cup swiss cheese grated
- 2 cups tomato sauce
- 1 cup water

## Equipment

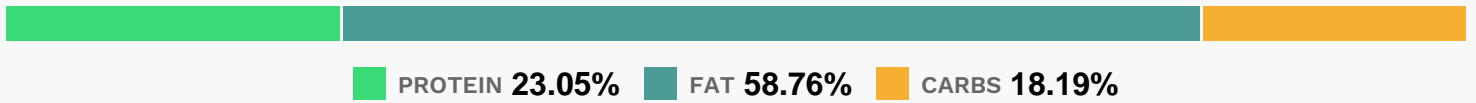
- frying pan
- sauce pan
- oven
- pot

## 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 the sauce is too thin for your taste, you can thicken it up at this time by mixing 1 tablespoon of cornstarch and 1/4 cup cold water-- bring the sauce back to a boil and stir in the cornstarch mixture, stirring constantly.
- Remove the bay leaves. Preheat the oven to 350 F.

- Place a thin layer of sauce in the bottom of a 9" x 13" x 2" pan.
- Layer 1/3 each of noodles, cottage cheese mixture, Gruyere, Swiss and Cheddar Cheeses. 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 at this point.
- Bake for 20 minutes.
- Remove from oven and top with the Mozzarella Cheese and continue to bake for another 10 to 15 minutes. Note: If the lasagna has been refrigerated, bake for 40 minutes total. Enjoy!

## Nutrition Facts



### Properties

Glycemic Index: 50.14, Glycemic Load: 12.5, Inflammation Score: -8, Nutrition Score: 31.94782570134%

### 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: 826.46kcal (41.32%), Fat: 54.03g (83.12%), Saturated Fat: 27.15g (169.66%), Carbohydrates: 37.64g (12.55%), Net Carbohydrates: 34.15g (12.42%), Sugar: 8.45g (9.39%), Cholesterol: 194.95mg (64.98%), Sodium: 1631.24mg (70.92%), Alcohol: 0g (100%), Protein: 47.67g (95.35%), Selenium: 60.82µg (86.88%), Calcium: 757.17mg (75.72%), Phosphorus: 737.01mg (73.7%), Vitamin B12: 3.5µg (58.26%), Zinc: 7.66mg (51.05%), Vitamin K: 46.94µg (44.71%), Vitamin B2: 0.67mg (39.32%), Vitamin A: 1725.99IU (34.52%), Vitamin B6: 0.6mg (30.13%), Vitamin B3: 5.44mg (27.22%), Manganese: 0.54mg (26.92%), Vitamin C: 20.86mg (25.29%), Iron: 4.25mg (23.64%), Potassium: 812.6mg (23.22%), Magnesium: 83.56mg (20.89%), Vitamin E: 2.7mg (18.02%), Vitamin B5: 1.67mg (16.7%), Copper: 0.33mg (16.51%), Fiber: 3.49g (13.97%), Folate: 51.51µg (12.88%), Vitamin B1: 0.17mg (11.19%), Vitamin D: 0.61µg (4.06%)