



Three-Cheese Lasagna

READY IN



85 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup torn basil fresh
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 9 lasagna noodles cooked
- ☐ 1 eggs lightly beaten
- ☐ 0.3 cup flat-leaf parsley fresh divided
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt

- ☐ 24 ounce lower-sodium pasta sauce
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.3 cup parmesan cheese fresh divided grated
- ☐ 1.5 cups part-skim mozzarella cheese shredded divided
- ☐ 1 cup part-skim ricotta cheese

Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 37
- ☐ Combine ricotta, 2 tablespoons parsley, oregano, thyme, salt, black pepper, 1 cup mozzarella, 1 tablespoon Parmesan cheese, and egg in a small bowl.
- ☐ Combine basil, red pepper, garlic, and pasta sauce in a medium bowl.
- ☐ Cut the noodles into 9 (7 x 2-inch) pieces; discard remaining pieces.
- ☐ Spread 1/2 cup pasta sauce mixture in bottom of an 8-inch square glass or ceramic baking dish coated with cooking spray. Arrange 3 noodles over pasta sauce mixture; top with about 2/3 cup ricotta mixture and 3/4 cup pasta sauce mixture. Repeat layers twice, ending with 1/2 cup pasta sauce mixture. Top evenly with the remaining 1/2 cup mozzarella and remaining 3 tablespoons Parmesan cheese.
- ☐ Bake at 375 for 40 minutes.
- ☐ Preheat broiler to high. (Keep lasagna in oven.)
- ☐ Broil lasagna for 2 minutes or until cheese is golden brown and sauce is bubbly.
- ☐ Let stand 10 minutes.
- ☐ Sprinkle with remaining 2 tablespoons parsley.

Nutrition Facts



 **PROTEIN 32.05%**  **FAT 26.11%**  **CARBS 41.84%**

Properties

Glycemic Index:53.58, Glycemic Load:12.99, Inflammation Score:-9, Nutrition Score:20.563478044842%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 369.02kcal (18.45%), Fat: 10.77g (16.57%), Saturated Fat: 6g (37.52%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 35.82g (13.03%), Sugar: 1.66g (1.84%), Cholesterol: 60.85mg (20.28%), Sodium: 4581.24mg (199.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.75g (59.49%), Selenium: 38.79µg (55.41%), Phosphorus: 496.2mg (49.62%), Vitamin K: 51.5µg (49.05%), Calcium: 449.56mg (44.96%), Manganese: 0.9mg (44.96%), Vitamin B2: 0.51mg (30.05%), Magnesium: 115.32mg (28.83%), Iron: 3.7mg (20.53%), Zinc: 2.98mg (19.87%), Folate: 74.56µg (18.64%), Potassium: 568.35mg (16.24%), Vitamin B6: 0.31mg (15.48%), Vitamin A: 677.33IU (13.55%), Fiber: 3.01g (12.03%), Copper: 0.2mg (9.82%), Vitamin B3: 1.84mg (9.19%), Vitamin B12: 0.46µg (7.75%), Vitamin B5: 0.75mg (7.52%), Vitamin B1: 0.09mg (6.01%), Vitamin E: 0.87mg (5.79%), Vitamin C: 4.71mg (5.71%), Vitamin D: 0.29µg (1.95%)