



# Three Cheese Lasagna

 Very Healthy

READY IN



65 min.

SERVINGS



1

CALORIES



5145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 eggs
- 3 cloves garlic minced
- 1 teaspoon seasoning italian
- 16 ounce lasagne pasta sheets
- 1 teaspoon olive oil
- 0.3 cup parmesan cheese grated
- 4 cups ricotta cheese
- 1 serving salt and pepper to taste

- 2 cups mozzarella cheese shredded
- 32 ounce tomato basil sauce classico®

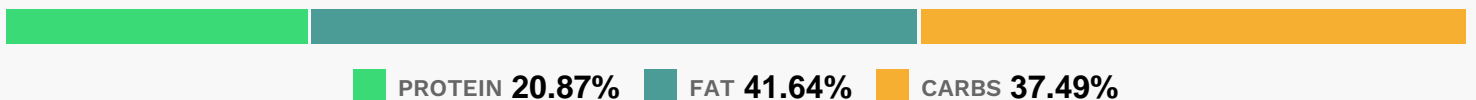
## Equipment

- bowl
- sauce pan
- oven
- pot
- baking pan
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and lay lasagna flat on foil to cool.
- In a medium bowl, combine ricotta, Parmesan, eggs, salt and pepper; mix well.
- In a medium saucepan, heat oil over medium heat and saute garlic for 2 minutes; stir in pasta sauce and Italian seasoning.
- Heat sauce until warmed through, stirring occasionally, 2 to 5 minutes.
- Spread 1/2 cup of sauce in the bottom of a 9x13 baking dish. Cover with a layer of noodles.
- Spread half the ricotta mixture over noodles; top with another noodle layer.
- Pour 1 1/2 cups of sauce over noodles, and spread the remaining ricotta over the sauce. Top with remaining noodles and sauce and sprinkle mozzarella over all. Cover with greased foil.
- Bake 45 minutes, or until cheese is bubbly and top is golden.

## Nutrition Facts



## Properties

Glycemic Index:131, Glycemic Load:146.49, Inflammation Score:-10, Nutrition Score:77.039565127829%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 5145.08kcal (257.25%), Fat: 235.32g (362.02%), Saturated Fat: 126.47g (790.44%), Carbohydrates: 476.83g (158.94%), Net Carbohydrates: 432.25g (157.18%), Sugar: 83.25g (92.5%), Cholesterol: 1359.35mg (453.12%), Sodium: 6559.31mg (285.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 265.35g (530.7%), Selenium: 532.74µg (761.06%), Calcium: 3938.14mg (393.81%), Phosphorus: 3741.32mg (374.13%), Vitamin A: 12573.23IU (251.46%), Manganese: 4.61mg (230.37%), Vitamin B2: 3.75mg (220.68%), Zinc: 27.96mg (186.37%), Fiber: 44.58g (178.34%), Vitamin B12: 10.38µg (173.07%), Potassium: 5476.59mg (156.47%), Iron: 20.02mg (111.22%), Magnesium: 431.85mg (107.96%), Copper: 1.72mg (86.01%), Vitamin B6: 1.61mg (80.27%), Folate: 305.6µg (76.4%), Vitamin B5: 7.24mg (72.35%), Vitamin C: 46.4mg (56.24%), Vitamin B1: 0.7mg (46.87%), Vitamin B3: 9.28mg (46.42%), Vitamin D: 6.53µg (43.5%), Vitamin E: 4.94mg (32.93%), Vitamin K: 32.47µg (30.92%)