

Luscious Rosa Lasagna

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Servings: 8

2 containers (15 ounce ea) ricotta cheese
2 cups mozzarella cheese, shredded
1/2 cup Parmesan cheese, grated
2 eggs
1 jar tomato and basil sauce
1 jar alfredo sauce
12 lasagna noodles, cooked and drained

Preparation Time: 20 minutes

Preheat the oven to 375 degrees.

In a large bowl, combine the ricotta, mozzarella, 1/4 cup of Parmesan and the eggs. Set aside.

In a medium bowl, combine the sauces.

Spread one cup of the sauce mixture in a 13x9-inch baking dish. Layer four lasagna noodles, then one cup of the sauce mixture and one-half of the ricotta mixture. Repeat.

Top with the remaining four noodles, then the remaining sauce mixture and the remaining 1/4 cup of the Parmesan cheese.

Cover with aluminum foil. Bake for 50 minutes.

Remove the foil and bake for another 10 minutes or until bubbling.

Let stand 10 minutes before serving.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 727 Calories; 21g Fat (26.5% calories from fat); 33g Protein; 98g Carbohydrate; 3g Dietary Fiber; 118mg Cholesterol; 330mg Sodium. Exchanges: 6 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 1/2 Fat.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	727	Vitamin B6 (mg):	.2mg
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% Calories from Fat:	26.5%
% Calories from Carbohydrates:	54.9%
% Calories from Protein:	18.6%
Total Fat (g):	21g
Saturated Fat (g):	12g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	118mg
Carbohydrate (g):	98g
Dietary Fiber (g):	3g
Protein (g):	33g
Sodium (mg):	330mg
Potassium (mg):	314mg
Calcium (mg):	389mg
Iron (mg):	5mg
Zinc (mg):	3mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	654IU
Vitamin A (r.e.):	195 1/2RE

Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	1.3mg
Riboflavin B2 (mg):	.8mg
Folacin (mcg):	39mcg
Niacin (mg):	10mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	6 1/2
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 727 Calories from Fat: 192

% Daily Values*

Total Fat	21g	32%
Saturated Fat	12g	60%
Cholesterol	118mg	39%
Sodium	330mg	14%
Total Carbohydrates	98g	33%
Dietary Fiber	3g	12%
Protein	33g	
Vitamin A		13%
Vitamin C		0%
Calcium		39%
Iron		30%

* Percent Daily Values are based on a 2000 calorie diet.