



 **52%**
HEALTH SCORE

Aunt Angie's Lasagna

READY IN



150 min.

SERVINGS



12

CALORIES



1655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tablespoon basil leaves chopped
- 2 bay leaves
- 1 gallon ground pear tomatoes
- 4 cups bread crumbs
- 1 cup carrots roughly chopped
- 5 eggs beaten
- 0.5 tablespoon fennel seed
- 0.5 tablespoon garlic chopped
- 1 tablespoon garlic

- 1.5 pounds ground beef
- 5 pounds ground beef
- 0.5 tablespoon ground pepper black
- 1 tablespoon ground pepper black
- 1 pound lasagna pasta cooked (10 pieces)
- 32 ounces meat sauce
- 2 pounds mozzarella cheese
- 0.3 cup parsley leaves chopped
- 2 pounds ricotta cheese
- 0.5 cup romano cheese
- 0.5 pound romano cheese grated
- 0.5 tablespoon salt
- 1 tablespoon salt
- 4 pounds meatball mix
- 4 pounds meatball mix

Equipment

- frying pan
- oven
- mixing bowl
- pot
- baking pan

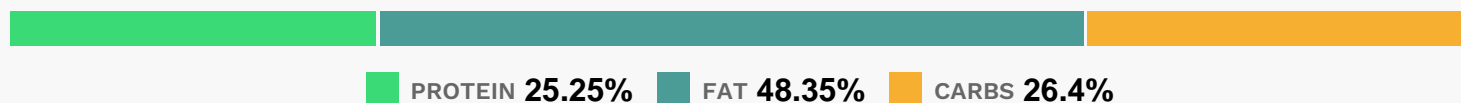
Directions

- For the Meatball
- Mix:Preheat oven to 375 degrees F.
- In a mixing bowl, combine all ingredients.
- Roll meatballs into desired size and bake in preheated oven for about 15 minutes or until golden brown. For the lasagna, instead of rolling into desired size, spread mix out evenly on a

sheet pan and bake. Break up the meat for lasagna.

- For the Meat Sauce: In a stock pot (or large cooking vessel) brown the ground beef.
- Add the celery/carrot/onion mix and cook for about 2 minutes.
- Add the tomatoes and the seasonings.
- Let simmer for 2 hours.
- For Aunt Angie's Lasagna: Using a 1/2 hotel pan or medium to large baking dish, coat the bottom with a thin layer of meat sauce.
- Lay out 4 pieces of lasagna so they go up the side of the pan with an additional 3 to 4 inches hanging over the edge. Do the same in the other direction of the pan using pieces of pasta.
- Add another layer of meat sauce, followed by 1/2 of the meatball mix. Then top the meat with 1 pound of the ricotta cheese, 1 pound of mozzarella, and 1/4 cup of Romano.
- Add a layer of pasta and repeat to have 2 layers. Fold over the remaining pasta to cover the top. Top with meat sauce and place in preheated oven and bake until proper serving temperature is reached or top is golden brown.

Nutrition Facts



Properties

Glycemic Index:38.3, Glycemic Load:27.2, Inflammation Score:-10, Nutrition Score:56.054348033407%

Flavonoids

Cyanidin: 6.5mg, Cyanidin: 6.5mg, Cyanidin: 6.5mg, Cyanidin: 6.5mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg Epicatechin: 11.86mg, Epicatechin: 11.86mg, Epicatechin: 11.86mg, Epicatechin: 11.86mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 1655.44kcal (82.77%), Fat: 88.79g (136.6%), Saturated Fat: 40.64g (254.01%), Carbohydrates: 109.07g (36.36%), Net Carbohydrates: 95.8g (34.84%), Sugar: 35.75g (39.72%), Cholesterol: 413.29mg (137.76%), Sodium: 2242.25mg (97.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 104.35g (208.69%), Selenium: 127.3µg (181.86%), Vitamin B12: 7.94µg (132.29%), Phosphorus: 1322.78mg (132.28%), Vitamin B3: 22.15mg (110.75%), Zinc: 16.07mg (107.12%), Calcium: 958.36mg (95.84%), Vitamin B6: 1.69mg (84.59%), Vitamin B2: 1.23mg (72.37%), Vitamin A: 3040.96IU (60.82%), Fiber: 13.26g (53.06%), Manganese: 1.05mg (52.61%), Iron: 9.23mg (51.25%), Potassium: 1705.63mg (48.73%), Vitamin K: 47.5µg (45.24%), Vitamin B1: 0.63mg (42.29%), Magnesium: 158.61mg (39.65%), Vitamin B5: 3.52mg (35.24%), Copper: 0.7mg (34.88%), Folate: 116.39µg (29.1%), Vitamin C: 17.15mg (20.79%), Vitamin E: 2.16mg (14.41%), Vitamin D: 1.26µg (8.38%)