



## Bacon-Colby Lasagna

READY IN



75 min.

SERVINGS



24

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 lasagne pasta sheets uncooked
- 2 pounds ground beef 90% lean ( )
- 2 medium onion chopped
- 1.5 pounds bacon crumbled cooked
- 30 ounces tomato sauce canned
- 28 ounces tomatoes diced undrained canned
- 2 tablespoons sugar
- 1 teaspoon salt
- 8 cups monterrey jack cheese shredded

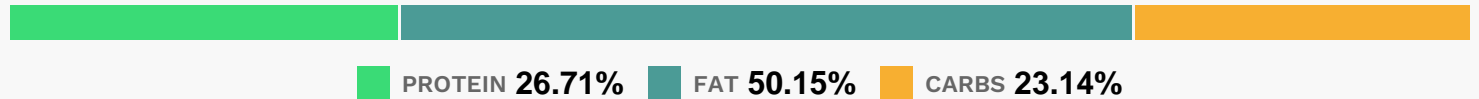
# Equipment

- oven
- pot

# Directions

- Preheat oven to 350°. Cook noodles according to package directions for al dente; drain.
- In a 6-qt. stockpot, cook beef and onions over medium-high heat until beef is no longer pink, 10-12 minutes, breaking beef into crumbles; drain. Stir in bacon, tomato sauce, tomatoes, sugar and salt; heat through.
- Spread 1 cup sauce into each of 2 greased 13x9-in. baking dishes.
- Layer each with 4 noodles, overlapping as needed, 1-2/3 cups sauce and 1-1/3 cups cheese. Repeat layers twice.
- Bake, covered, 40 minutes. Uncover; bake until bubbly, 5-10 minutes longer.
- Let stand 15 minutes before serving.

# Nutrition Facts



# Properties

Glycemic Index:8.8, Glycemic Load:9.97, Inflammation Score:-5, Nutrition Score:17.340000059294%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

# Nutrients (% of daily need)

Calories: 465.22kcal (23.26%), Fat: 25.73g (39.58%), Saturated Fat: 12.23g (76.45%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 24.79g (9.01%), Sugar: 4.37g (4.86%), Cholesterol: 86.16mg (28.72%), Sodium: 1041.44mg (45.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.83g (61.67%), Selenium: 44.1µg (63%), Phosphorus: 418.22mg (41.82%), Calcium: 311.92mg (31.19%), Vitamin B3: 6mg (30.01%), Zinc: 4.34mg (28.95%), Vitamin B12: 1.46µg (24.28%), Vitamin B6: 0.44mg (22.16%), Vitamin B2: 0.33mg (19.55%), Manganese: 0.35mg (17.32%), Vitamin

B1: 0.23mg (15.54%), Potassium: 536.6mg (15.33%), Iron: 2.43mg (13.52%), Magnesium: 51.23mg (12.81%), Copper: 0.22mg (10.86%), Vitamin A: 492.47IU (9.85%), Vitamin B5: 0.9mg (9.01%), Fiber: 1.91g (7.66%), Vitamin C: 6.23mg (7.56%), Vitamin E: 1.11mg (7.37%), Folate: 21.66µg (5.42%), Vitamin K: 3.26µg (3.1%), Vitamin D: 0.38µg (2.51%)