






 **76%**  
HEALTH SCORE

# Beef and Cheese Lasagna

 Very Healthy

READY IN  
  
**95 min.**

SERVINGS  
  
**4**

CALORIES  
  
**1518 kcal**

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

## Ingredients

- 84 ounce tomatoes diced canned
- 14 ounce tomato sauce canned
- 1 tablespoon basil dried
- 1 eggs
- 4 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 12 lasagna noodles uncooked
- 3 pounds pd of ground turkey lean

- 8 ounces mozzarella cheese divided grated (regular or part-skim)
- 1 tablespoon olive oil
- 1 cup onion chopped
- 1 tablespoon oregano dried
- 0.3 cup parmesan grated
- 0.5 teaspoon pepper flakes red crushed
- 4 cups ricotta cheese (regular or part-skim)

## Equipment

- bowl
- frying pan
- oven
- pot
- aluminum foil

## Directions

- Preheat oven to 350 degrees F.
- Heat the oil in a large stock pot over medium heat.
- Add onion and garlic and saute 3 minutes, until soft.
- Add, beef and cook 5 to 7 minutes, until browned all over, breaking up the meat as it cooks. Stir in basil, oregano and red pepper flakes.
- Add diced tomatoes and tomato sauce and bring to a simmer. Reduce heat to low and simmer 10 to 15 minutes.
- Remove from heat and set aside.
- Meanwhile, in a large bowl, combine ricotta, half of the mozzarella, egg, and black pepper.
- Mix well.
- Pour 1 cup of the meat sauce in the bottom of a 13 by 9-inch lasagna pan. Arrange 4 UNCOOKED lasagna noodles on top of sauce, overlapping noodles slightly to cover the bottom. Spoon half of the cheese mixture over noodles. Top with 1 1/2 cups of meat sauce and 4 more noodles. Top second layer of noodles with remaining cheese mixture, 1 1/2 cups of

meat sauce and 4 more noodles. Top noodles with 1 1/2 cups of meat sauce and remaining mozzarella cheese. Top with Parmesan cheese.

- Refrigerate or freeze the remaining sauce.
- Cover with foil and bake 45 minutes. Uncover and bake 15 more minutes, until top is golden and bubbly.
- Let stand 5 minutes before slicing.

## Nutrition Facts

**PROTEIN 36.94%** **FAT 35.2%** **CARBS 27.86%**

### Properties

Glycemic Index:65.5, Glycemic Load:30.49, Inflammation Score:-10, Nutrition Score:67.546522057575%

### Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg

### Nutrients (% of daily need)

Calories: 1517.91kcal (75.9%), Fat: 60.19g (92.6%), Saturated Fat: 31.99g (199.93%), Carbohydrates: 107.22g (35.74%), Net Carbohydrates: 95.29g (34.65%), Sugar: 23.1g (25.67%), Cholesterol: 403.55mg (134.52%), Sodium: 2187.16mg (95.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 142.12g (284.24%), Selenium: 180.62µg (258.03%), Vitamin B6: 4.06mg (203.12%), Vitamin B3: 40.22mg (201.12%), Phosphorus: 1750.54mg (175.05%), Calcium: 1165.1mg (116.51%), Vitamin B2: 1.55mg (91.18%), Zinc: 13.29mg (88.61%), Potassium: 3049.96mg (87.14%), Manganese: 1.69mg (84.49%), Vitamin C: 66.25mg (80.3%), Iron: 13.45mg (74.75%), Magnesium: 282.27mg (70.57%), Vitamin B12: 4.04µg (67.4%), Vitamin A: 2911.6IU (58.23%), Copper: 1.09mg (54.63%), Vitamin B5: 5.26mg (52.63%), Vitamin K: 52.21µg (49.72%), Vitamin E: 7.26mg (48.43%), Fiber: 11.93g (47.72%), Vitamin B1: 0.66mg (44.18%), Folate: 152.09µg (38.02%), Vitamin D: 2.33µg (15.57%)