



Beef & Mushroom Lasagna

READY IN



60 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounces cream of mushroom soup fat free 98% canned (Regular or)
- ☐ 9 lasagna noodles cooked
- ☐ 1 pound ground beef
- ☐ 0.3 cup milk
- ☐ 2 cups mushrooms fresh italian prego®
- ☐ 1 cup mozzarella cheese shredded

Equipment

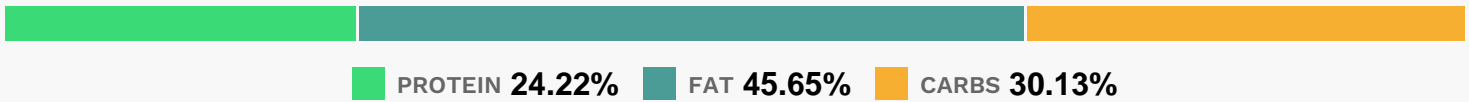
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Heat the oven to 400°F. Stir the soup and milk in a small bowl until the mixture is smooth.
- ☐ Cook the beef in a 10-inch skillet over medium-high heat until it's well browned, stirring often to separate meat.
- ☐ Pour off any fat. Stir in the Italian sauce.
- ☐ Layer half the beef mixture, 3 lasagna noodles and 1 cup soup mixture in a 2-quart shallow baking dish. Top with 3 lasagna noodles, remaining beef mixture, remaining noodles and remaining soup mixture.
- ☐ Sprinkle with the cheese. Cover the baking dish.
- ☐ Bake for 30 minutes or until the lasagna is hot. Uncover the baking dish.
- ☐ Heat the broiler. Broil 4 inches from the heat for 2 minutes or until the cheese is golden brown.
- ☐ Let stand for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:13.21, Inflammation Score:-3, Nutrition Score:15.567826201086%

Nutrients (% of daily need)

Calories: 434.34kcal (21.72%), Fat: 21.78g (33.51%), Saturated Fat: 9.23g (57.68%), Carbohydrates: 32.34g (10.78%), Net Carbohydrates: 30.3g (11.02%), Sugar: 1.82g (2.02%), Cholesterol: 72.18mg (24.06%), Sodium: 534.18mg (23.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26g (51.99%), Selenium: 41.44µg (59.2%), Vitamin B12: 2.19µg (36.54%), Zinc: 4.93mg (32.87%), Phosphorus: 290.24mg (29.02%), Vitamin B3: 5.2mg (25.99%), Manganese: 0.47mg (23.54%), Vitamin B2: 0.36mg (20.93%), Iron: 3.22mg (17.87%), Vitamin B6: 0.35mg (17.75%), Copper: 0.34mg (17.08%), Calcium: 129.67mg (12.97%), Potassium: 438.91mg (12.54%), Vitamin B5: 1.12mg (11.2%), Magnesium: 40.44mg (10.11%), Fiber: 2.04g (8.17%), Vitamin B1: 0.1mg (6.53%), Folate: 21.89µg (5.47%), Vitamin A:

142.66IU (2.85%), Vitamin E: 0.41mg (2.72%), Vitamin D: 0.33µg (2.17%), Vitamin K: 1.82µg (1.73%)