



Best Lasagna

READY IN



90 min.

SERVINGS



10

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup basil leaves fresh
- 1 pound ground beef
- 1 tablespoon penzey's southwest seasoning italian
- 16 ounce lasagna noodles
- 1 onion chopped
- 4 cups ricotta cheese
- 1 cup romano cheese grated
- 10 servings salt and pepper to taste
- 1.5 cups mozzarella cheese shredded

- 2.5 cups spaghetti sauce
- 2 medium zucchini sliced

Equipment

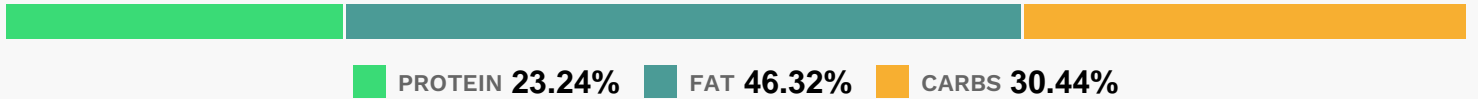
- bowl
- frying pan
- paper towels
- oven
- pot
- baking pan
- aluminum foil

Directions

- Bring a large pot of water to a rapid boil. Boil lasagna noodles 6 to 8 minutes until al dente.
- Drain and rinse with cold water.
- Lay noodles flat and remove excess water with a paper towel.
- In a skillet, brown the ground beef over medium-high heat.
- Add onion, salt, pepper, and Italian seasoning. Cook until there is no remaining pink color in beef.
- Drain any liquids and set aside.
- In a large bowl, mix together ricotta cheese, Romano cheese, 2 cups of the spaghetti sauce and the seasoned ground beef.
- Mix until well blended. Meanwhile, preheat oven to 375 degrees F (190 degrees C).
- Add a thin layer of spaghetti sauce in the bottom of a 9x13 inch baking dish.
- Add a layer of noodles lengthwise and a few noodles in the opposite direction.
- Pour in a generous layer of ricotta mixture on top of noodles. Top ricotta layer with several basil leaves.
- Add another layer of noodles lengthwise.
- Spread on 1 cup of the mozzarella cheese. Line up the zucchini slices on top of the mozzarella cheese.

- Add another thin layer of ricotta cheese.
- Add the last layer of noodles lengthwise. Top the noodles with the remaining spaghetti sauce, several more basil leaves in an eye catching arrangement and top with the remaining 1/2 cup mozzarella cheese.
- Bake in a preheated oven for 50 to 55 minutes. If Mozzarella cheese becomes too browned, loosely cover with a piece of foil.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:16.05, Inflammation Score:-7, Nutrition Score:22.059130430222%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 572.84kcal (28.64%), Fat: 29.44g (45.29%), Saturated Fat: 15.83g (98.92%), Carbohydrates: 43.52g (14.51%), Net Carbohydrates: 40.32g (14.66%), Sugar: 5.38g (5.98%), Cholesterol: 106.47mg (35.49%), Sodium: 829.69mg (36.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.23g (66.46%), Selenium: 54.69µg (78.13%), Phosphorus: 486.31mg (48.63%), Calcium: 444mg (44.4%), Manganese: 0.64mg (31.78%), Zinc: 4.75mg (31.65%), Vitamin B12: 1.8µg (30.05%), Vitamin B2: 0.46mg (26.85%), Vitamin A: 1075.45IU (21.51%), Vitamin B6: 0.41mg (20.72%), Potassium: 662.85mg (18.94%), Vitamin B3: 3.66mg (18.29%), Vitamin K: 19.07µg (18.16%), Magnesium: 70.36mg (17.59%), Iron: 3.02mg (16.75%), Vitamin C: 12.56mg (15.23%), Copper: 0.29mg (14.62%), Fiber: 3.2g (12.8%), Folate: 44.95µg (11.24%), Vitamin B5: 0.99mg (9.93%), Vitamin E: 1.44mg (9.61%), Vitamin B1: 0.12mg (8.07%), Vitamin D: 0.36µg (2.41%)