



Brenda 's Lasagna

READY IN



60 min.

SERVINGS



15

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 clove garlic minced
- 16 ounce lasagna noodles
- 1 pound ground beef lean
- 1 pint ricotta cheese
- 15 servings salt and pepper to taste
- 0.5 pound cheddar cheese shredded
- 0.5 pound mozzarella cheese shredded
- 16 ounce spaghetti sauce

Equipment

- bowl
- frying pan
- oven
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Preheat oven to 350 degrees F (175 degrees C). In a large skillet over medium-high heat, brown beef and season with salt and pepper; drain. Stir in spaghetti sauce and garlic and simmer 5 minutes.
- In a medium bowl, combine mozzarella, Cheddar and ricotta; stir well. In 9x13 inch pan, alternate layers of noodles, meat mixture and cheese mixture until pan is filled.
- Bake in preheated oven for 30 minutes, or until cheese is melted and bubbly.

Nutrition Facts

PROTEIN 26.48% **FAT 41.2%** **CARBS 32.32%**

Properties

Glycemic Index:13.2, Glycemic Load:10.06, Inflammation Score:-5, Nutrition Score:12.337825847709%

Nutrients (% of daily need)

Calories: 323.11kcal (16.16%), Fat: 14.67g (22.58%), Saturated Fat: 8.28g (51.78%), Carbohydrates: 25.91g (8.64%), Net Carbohydrates: 24.49g (8.9%), Sugar: 2.18g (2.42%), Cholesterol: 61.9mg (20.63%), Sodium: 579.11mg (25.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.44%), Selenium: 36.01µg (51.44%), Phosphorus: 298.11mg (29.81%), Calcium: 262.34mg (26.23%), Zinc: 3.4mg (22.65%), Vitamin B12: 1.29µg (21.49%), Manganese: 0.32mg (16.22%), Vitamin B2: 0.26mg (15.16%), Vitamin B3: 2.53mg (12.66%), Vitamin B6: 0.22mg (11.16%), Vitamin A: 525.04IU (10.5%), Magnesium: 37.85mg (9.46%), Potassium: 318.97mg (9.11%), Iron: 1.62mg (8.99%), Copper: 0.16mg (7.97%), Fiber: 1.43g (5.7%), Vitamin B5: 0.57mg (5.7%), Vitamin E: 0.73mg (4.87%), Folate: 17.7µg (4.43%), Vitamin B1: 0.06mg (4.02%), Vitamin C: 2.18mg (2.64%), Vitamin K: 2.03µg (1.93%), Vitamin D: 0.24µg (1.63%)